

New Wheat Variety (PBW RS1)

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About PBW RS1:

- It contains **high amylose starch content**.
- Resistant starch (RS) won't cause an immediate and rapid rise in glucose levels.
- The high amylose and resistant starch, instead, ensure that glucose is released more slowly into the bloodstream.
- Amylose **starch content** known to reduce risks of **type-2 diabetes** and cardiovascular diseases.
- Food prepared from its whole grain **flour also have lower glycemic index**.

What is Type 2 Diabetes?

- It is the condition in which the **human body doesn't use insulin well** and can't keep blood sugar at normal levels.
- It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults).

What is glycemic index?

- It is a rating system for foods **containing carbohydrates**.
 - It shows **how quickly each food affects your blood sugar** (glucose) level when that food is eaten on its own.
 - Punjab Agricultural University develops new wheat variety to keep blood sugar, obesity in check
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Q1) What is Insulin?

Insulin is a hormone that plays a crucial role in regulating blood sugar levels in the body. It is produced by the beta cells of the pancreas, specifically in the islets of Langerhans. Insulin acts as a key that allows glucose (sugar) to enter cells, where it is used for energy or stored for future use.

Source: [Punjab Agricultural University develops new wheat variety to keep blood sugar, obesity in check](#)

Source: <https://vajiramandravi.com/current-affairs/new-wheat-variety-pbw-rs1/>

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