

## Top 3 electric rice cookers for the best diabetics

In addition to using brown rice, now there is another way that can reduce the amount of sugar in the diet, which is using electric rice cooker for diabetics.

Diabetes is a dangerous disease that is harmful to health, so besides medication treatment, it is necessary to change the diet and nutrition. One of the important changes is the reduction in starches, especially from rice daily. In addition to using brown rice, there is now another way that can be done, which is using a rice cooker for diabetics.

### What is a rice cooker for diabetics?

**Diabetic** rice cooker, also known as a rice cooker, is a type of cooker that has the basic function of cooking rice. What makes the difference different from conventional rice cookers is that, a split rice cooker can remove part of the sugar from rice when cooked, while keeping the ratio of Amylose (starch absorbed slowly) higher than Amylopectin. (fast-absorbing starch).



Ordinary rice provides a large amount of starch for the body, the starch in rice is divided into 3 categories: Rapid digesting starch - RDS, slow digesting starch - SDS and RS resistant starch. In particular, fast and slow starches are composed of molecules of Amylose and Amylopectin. Amylopectin is easily absorbed, provides high energy for the body to exercise, but causes blood sugar to rise quickly, whereas, slowing starch contains more Amylose, molecules that need more time to resolve. The semi-crystalline structure reduces the exposure to digestive enzymes) so it does not cause a sudden and steady increase in blood sugar levels and is moderate.

The electric rice cooker separates the sugar based on the principle of removing RDS from the rice grains, thereby helping to reduce the amount of sugar that enters the bloodstream.

## The principle of operation of the rice cooker separates the sugar



The principle of operation of a rice cooker for diabetics is quite complicated:

### 1. Step 1: Appropriate heating

The split rice cooker brings the temperature to a certain level to facilitate the removal of bad starch.

### 1. Step 2: Separate Amylopectin from rice

Maintaining the proper temperature helps Amylopectin content separate from rice and dissolve in water but still ensure the Amylose ratio remains.

### 1. Step 3: Remove Amylopectin to the outside

The smart drainage system automatically removes water and all Amylopectin prevents back absorption into the rice.

## 1. Step 4: Cook the rice

The pot will continue to maintain the right temperature to cook rice, bringing delicious and healthier grains to the user after removing the bad amylopectin starch from the rice.

Split rice cooker is beneficial for vegetarians, overweight, obese people need to reduce energy while ensuring nutrition and deliciousness of rice. Starch molecules contain about 80% Amylopectin and 20% Amylose. Once in the body, they will be converted into sugar, glucose and energy to serve activities. However, diabetic rice cookers don't actually remove sugar from rice, but retain the Amylose in starch. Therefore, patients should not be too dependent on the product but need to carefully calculate the amount of nutritional intake of the body to ensure a balanced glycemic index at a safe level for themselves.

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## Instructions for using rice cooker to separate sugar

### How to use the rice cooker to separate the sugar



1. **Step 1:** Wash the rice thoroughly, drain. Rinse the core of the pot clean, dry both inside and outside before using.
2. **Step 2:** Put the washed rice and water into the pot, base on the amount of water suitable for the amount of washed rice, usually the water will be different from about 1 knuckle of rice.
3. **Step 3:** Press the button to select the function of cooking rice with zinc core sugar. After about 40 minutes, the water will be depleted, the amount of sugar will be transferred down to the core. When the cooking process is finished, the pot automatically switches to the keep-warm mode.

### **Note when using a rice cooker for people with diabetes**



Besides the function of cooking rice with sugar, some types of pots are also equipped with other functions suitable for many needs such as:

1. Warm up, cook soup.
2. Cook regular rice with a single core.
3. Tunnel / frequency.
4. Porridge.
5. Timer.

During use, you should keep in mind the following principles to keep yourself safe as well as extend the life of the pot:

1. Do not touch the cooker valve when it is operating or when it is still hot.
2. Do not let food or water exceed 80% of the pot volume.
3. Dry the bottom of the pan before contacting with the heat tray.
4. During cooking, the lid should not be opened.

## Top 3 best electric cooker for diabetics today

### Nagakawa NAG0120 split rice cooker (1.8 liter)

Nagakawa is a famous housewares brand in Vietnam market so it is not difficult for its products to be in the top favorite products. Nagakawa rice cooker is not only impressed by its luxurious, modern appearance but also by its large capacity and capacity of up to 1.8 liters, completely suitable for large families.



Nagakawa NAG0120 rice cooker has a strong heat, which can separate sugar, starch and carbohydrates thoroughly in a short time. The dual heart pot is made of multi-layer Teflon non-stick aluminum material to help the cooking process faster, the rice after separating sugar remains nutritious, delicious, very beneficial for overweight people, blood pressure and diet.

The cooker is equipped with a Vietnamese control panel to make it easier to use, along with being multifunctional with 10 handy cooking programs to help you cook more dishes (Normal rice, soup, steaming, yogurt, slow cook, elder rice, brown rice, porridge, stew / braised, split rice).

### Ninosun NNS-868 split rice cooker

Ninosun NNS-868 diabetic rice cooker is a product of Ninosun brand, supported by analysis and evaluation by the Institute of Natural Products Chemistry, with the ability to split sugar more than 40%, Dual 4-core inner pan, enamelled with high-grade granite and registered for exclusive protection to prevent counterfeiting.



The pot has a capacity of 1.8 liters, uses 220V / 50Hz and operates with a capacity of 700W. Pot shell made of virgin plastic with good bearing capacity and heat resistance. Ninosun NNS-868 split rice cooker can cook both regular rice and split sugar rice and processes stews, soups, porridge and boiled dishes.

Ninosun's products use 4-stage intelligent Revocook technology, which effectively removes sugar from rice. This technology has allowed users to enjoy rice bowls that provide energy and nutrition without increasing blood sugar, good for people with diabetes, overweight, obesity, high blood pressure. .

### **Split rice cooker Tiross TS9911**

Rice cooker for diabetics Tiross TS9911 capacity of 1.5 liters suitable for families with 4-5 people, there are two colors red and yellow for you to choose. Sturdy inner pot with 3-layer design: High-temperature nonstick layer, 304 stainless steel and 1.5mm aluminum layer. The pot shell uses high-quality materials, high heat resistance and anti-contamination to help you safer when cooking.



Tiross split rice cooker separates rice and water for a sticky, delicious, soft, soft rice bowl, reducing sugar, significantly reducing starch to protect the health, especially the cardiovascular system. The pot has 9 different cooking modes, so besides cooking rice with sugar, you can still use it for other purposes like normal rice, soup, stew .

Through the information in the article, surely readers understand the type of rice cooker for diabetics as well as its positive effects on health? Hopefully, with this electric rice cooker, diabetic patients can happily enjoy a delicious, safe and healthy meal with enough nutrition.

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