

RECOMMENDATION NOTESHEET

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RECOMMENDATION DETAILS

He adds, "In India, most people eat whole wheat roti regularly. Yes, whole wheat roti can sometimes cause blood sugar spikes and contribute to weight gain, but there are better alternatives depending on your health needs."

Which rotis can boost your health

Dr Shubham further lists different types of rotis and shares their numerous health benefits:

Jowar (sorghum) roti is a great option for those with diabetes or weight concerns. It's gluten-free, low in calories, and high in fibre, which supports gut health.

Ragi (finger millet) roti is rich in calcium and iron, helping strengthen bones and boost haemoglobin levels, almost like a natural supplement.

Bajra (pearl millet) roti is also rich in iron, fibre, and protein, making it ideal for diabetics and for those looking to lose weight or repair muscles.

Oats roti contains dietary fibre and beta-glucan, which can help lower cholesterol and support heart health.

"Every type of roti does more than just fill your stomach, it can make a difference for everything from blood sugar levels to heart health," Dr Shubham concludes.

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