Rice and Spicy Diet

TO THE EDITOR: I read the report on rice and spicy diet by Gonlachanvit with a great interest.¹ Based on the evidences from literature review, Gonlachanvit concluded that rice was well tolerated and can be the carbohydrate source of choice for patients with functional gastrointestinal disorder.¹ Gonlachanvit also proposed that although acute chili ingestion could aggravate abdominal pain and burning symptoms chronic ingestion could improve functional dyspepsia and gastroesophageal reflux disease symptoms.¹ I would like to share some ideas on this topic. I agree for the provided evidences. But some facts should be considered. Focusing on rice, there are many kinds of rice in Asia. The difference in basic properties and appearances can be detected. Whether different kinds of rice lead to the same reaction on the gastrointestinal (GI) tract is a question to be proved. Indeed, a recent paper showed different glycemic responses to different kinds of rice.² Second, "spicy" seems to be a subjective term. The measurement of this sensation is very difficult. One might have different meaning on spicy from the others.³ In addition, several food ingredients can provide spicy taste and the action on GI of different ingredients should be further studied. In addition, the Asia

usually eats a combined mixed food, rice with many other compositions. It is still questionable whether this style of eating can cause GI effect or not.

Viroj Wiwanitkit, MD

*Wiwanitkit House
Bangkhae, Bangkok, Thailand*

1. Gonlachanvit S. Are rice and spicy diet good for functional gastrointestinal disorders? *J Neurogastroenterol Motil* 2010;16:131-138.
2. Ranawana DV, Henry CJ, Lightowler HJ, Wang D. Glycaemic index of some commercially available rice and rice products in Great Britain. *Int J Food Sci Nutr* 2009;60(suppl 4):99-110.
3. Duffy VB, Hayes JE, Sullivan BS, Faghri P. Surveying food and beverage liking: a tool for epidemiological studies to connect chemosensation with health outcomes. *Ann N Y Acad Sci* 2009;1170:558-568.

Conflicts of interest: None.