## CLAIMS

**1.** A method for producing rice with a low glycaemic index and a low glycaemic load, comprising:

- a step of preparing of husked brown rice;
- a step of humidifying the husked brown rice with water at room temperature until reaching a moisture content equal to 18-22%;
- after the humidifying step, a step of resting the husked brown rice for 24-60 minutes;
- after the resting step, a first heating step comprising heating the husked brown rice until the brown rice reaches a temperature of 80-85°C;
- after the first heating step, a first step of cooling the husked brown rice in an environment at a temperature lower than the room temperature until the brown rice reaches a temperature of 10°C;
- after the cooling step, a step of reconstituting the husked brown rice for 24-72 hours, maintaining the moisture content, until the husked brown rice reaches the room temperature;
- after the reconstituting step, a second heating step comprising heating the husked brown rice until the husked brown rice externally reaches a temperature of 60-65°C, corresponding to an internal temperature greater than 70°C;
- after the second heating step, a second cooling step until the husked brown rice reaches the room temperature;
- after the second cooling step, a step of refining the husked brown rice having a moisture content equal to 18-22%;
- after the refining step, a drying step until reaching a moisture content equal to 12-13%.

**2.** The method for producing rice with a low glycaemic index and a low glycaemic load according to claim 1, wherein the humidifying step comprises spraying the brown rice with water at room temperature.

**3.** The method for producing rice with a low glycaemic index and a low glycaemic load according to claim 1, further comprising the steps of:

- progressively collecting a sample of husked brown rice during the humidifying step;
- measuring the moisture content of the collected sample;
- interrupting the humidifying step when the moisture content is equal to 18-22%.

**4.** The method for producing rice with a low glycaemic index and a low glycaemic load according to claim 1, wherein the first heating step and/or the second heating step is carried out in a radiofrequency or microwave apparatus.

**5.** The method for producing rice with a low glycaemic index and a low glycaemic load according to claim 1, wherein the first cooling step is carried out in a cooling apparatus operating with water at a maximum temperature of 4°C.

**6.** The method for producing rice with a low glycaemic index and a low glycaemic load according to claim 1, wherein the reconstituting step is carried out in a column dryer by blowing air at a temperature greater than that of the husked brown rice.

**7.** The method for producing rice with a low glycaemic index and a low glycaemic load according to claim 6, wherein the reconstituting step comprises maintaining the difference between the temperature of the air and that of the husked brown rice constant, preferably equal to about 3 °C, by progressively increasing the temperature of the air as the temperature of the husked brown rice increases.

**8.** The method for producing rice with a low glycaemic index and a low

glycaemic load according to claim 7, wherein the reconstituting step comprises measuring the temperature of the husked brown rice, preferably with probes.

**9.** The method for producing rice with a low glycaemic index and a low glycaemic load according to claim 1, wherein the refining step comprises at least one pass through a refiner, selecting the number of passes for selecting the percentage of bran and germ removed so as to obtain, selectively, brown rice, semi-milled rice or white rice.

**10.** The method for producing rice with a low glycaemic index and a low glycaemic load according to claim 1, wherein the drying step is carried out in a column dryer with air circulation at about 45°C for about 3 hours.

**11.** The method for producing rice with a low glycaemic index and a low glycaemic load according to claim 1, wherein the resting step comprises moving the brown rice by means of screw conveyors and/or conveyor belts.