

Nutritional Benefits of Rice

Fiber Content in Rice

Type of Rice	Characteristics	Grams Fiber in 1 Cup
Brown	Only hull (husk) has been removed. Bran and inner layers remain.	3.2
White	Most of the outer layers, including hull and bran, are removed from the kernel through the milling process.	.06
Parboiled	Nutrients stay within the grain; cooked rice more firm in texture and separated when cooked.	1.4

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Rice is an extremely healthy food for a number of reasons

- Rice is low in fat.
- Insoluble fiber in rice benefits the digestive system.
- Rice is low in sodium and contains potassium.
- Rice is rich in antioxidants.

Antioxidants are substances that may protect your cells against the effects of free radicals.

Free radicals are molecules produced when your body breaks down food, or by environmental exposures like tobacco smoke and radiation.

Free radicals can damage cells and may play a role in heart disease, cancer and other diseases.

The Rice Grain

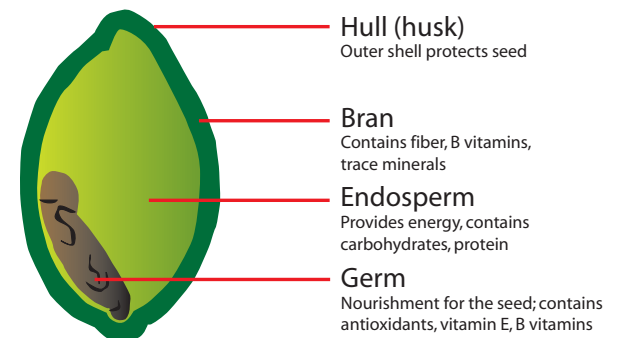
Hull (husk) - Outer shell that protects the seed

Bran coat - Contains fiber, B vitamins and minerals

Endosperm - Provides energy from carbohydrates and protein

Germ/embryo - Innermost part of rice containing antioxidants, vitamin E and B vitamins. Its starches - amylose and amylopectin - together determine the cooking texture of rice.

THE RICE GRAIN



Antioxidants in Rice

Vitamin E
Tocotrienols
Selenium
Phenolic acids
Phytic acid

Vitamins and Minerals in Rice

Folate
Phosphorus
Thiamin
Niacin
Riboflavin
Calcium
Iron
Potassium