

The Health Benefits for paddy is given below:

TITLE	
1.	Health Benefits of Rice
2.	Provides Energy
3.	Prevents Obesity
4.	Controls Blood Pressure
5.	Prevents Cancer
6.	Skin Care
7.	Prevents Alzheimer's Disease
8.	Diuretic & Digestive Qualities
9.	Improves Metabolism
10.	Boosts Cardiovascular Health
11.	Relieves IBS

The Nutritions present in paddy field is given below:

S.NO.	NUTRITIONS	AMOUNT
1.	Calories	130
2.	Water	69 %
3.	Protein	2.4 g
4.	Carbs	28.7 g
5.	Sugar	~
6.	Fiber	~
7.	Fat	0.2 g
8.	Saturated	0.05 g
9.	Monounsaturated	0.06 g
10.	Polyunsaturated	0.05 g
11.	Omega-3	0.01 g
12.	Omega-6	0.04 g
13.	Trans fat	~

