

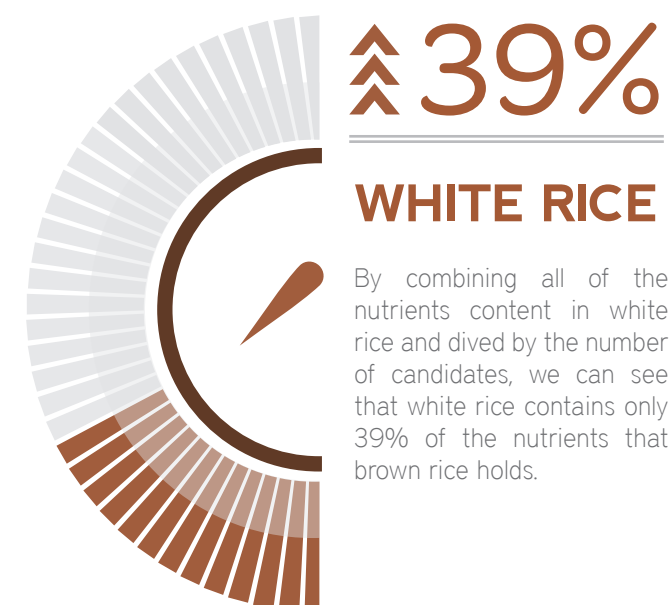
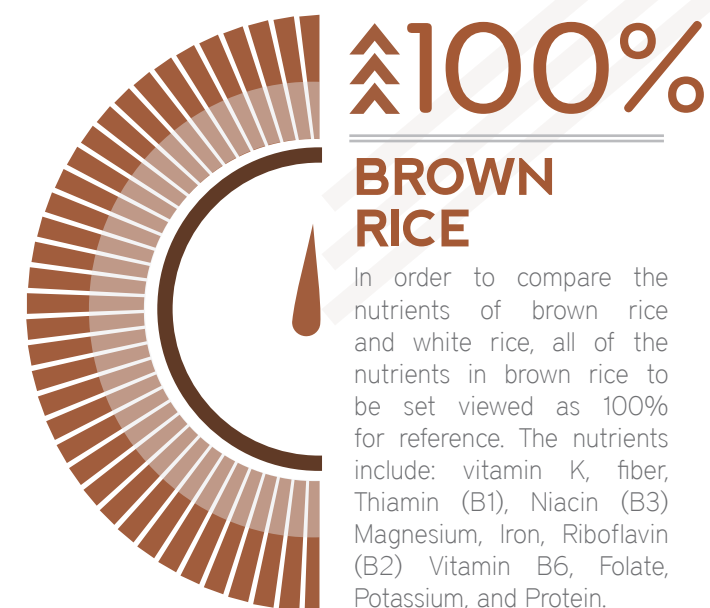


BROWN RICE VS WHITE RICE

Most people have been eating white rice since they were young, and everyone knows that brown rice offers more health benefit. However only few have an idea regarding the magnitude of this difference. We will be comparing the difference in terms of nutrients between white and brown rice in this section.

THE DIFFERNT between white and brown rice lies in their aroma, taste and texture. While many claimed that brown rice smells different from the white rice they are used to they refuse to consume white rice, however the majority of people who have actually tried brown rice actually prefer its strangely appealing taste over white rice. Despite many reasons that turned people away from brown rice – be it the higher price or longer cooking time – brown rice holds many more essential nutrients to human body.

Brown rice contains 20 times more vitamin K than white rice, moreover white rice holds less than 55% of all nutrients present in brown rice except for protein content (compared to brown rice, white rice hold up to 90% protein present in brown rice). When comparing the two it should be obvious that brown rice is the better choice. There are even studies showing that the nutrients in brown rice can help in many chronic deceases.



Good to know:

The reason that brown rice is more expensive is because in the brand, there contains some kind of oil along with the vitamins. That oil reduces the shelf-life of brown rice.

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