INTRODUCTION TO BROWN RICE

HOW MANY of you grew up eating rice? Did you know people have been eating rice for more than 5,000 years? Early Americans started growing rice more than 300 years ago in South Carolina. We still eat a lot of rice. Ninety percent of the rice we eat is grown right here in the United States. We can do a lot with rice and it's good for us! Both brown and white rice are healthy foods – both are low in fat and calories and supply no cholesterol. Bothcan be part of a healthy diet. However, I am going to try to convince you to go for the whole grain bonus with brown rice.

Can anyone name the three parts of a whole grain? Allow for answers. That's right, these are the bran, germ and endosperm (or starch) layers. Remember, the bran and germ layers are removed when grains are processed. Brown rice is a whole grain. White rice is milled to remove the bran and germ. This also removes some of the important nutrients. Some, but not all, of the nutrients are added back. This is why white rice is called enriched rice.

Brown rice is like Cinderella when compared to white rice. White rice is prepared at home more often than brown rice. White rice is offered on many more menus than brown rice. For instance, how many of you cooked brown rice in the past month? White rice? See what I mean? White rice is like the stepsisters, who get all the attention, even though brown rice has much more to offer like Cinderella.