White Vs Brown 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.

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.

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**rown rice** The different 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.