

Brown Rice

a. Food Fact:

Brown Rice is the whole grain rice taken from the field with the inedible husk removed. The primary difference between brown and white rice is the milling process. During the milling process when brown rice becomes white rice, it is the outer bran layer or the rice grain that is removed. When this happens, a core comprised of mostly carbohydrates remains. In the bran layer that was removed, vital nutrients that reside in the bran layer are also removed. These nutrients that are removed, protect against heart disease and diabetes. It is unclear which part of the whole grain, --the fiber, the vitamin E, the folate, the magnesium or some of the health-protective phytochemicals-- provide these health benefits. Therefore, it is wise to choose brown rice versus just fortified white rice. White rice lacks the beneficial fiber and antioxidants.

b. Food Product and/or Shopping Idea:

Brown Rice does require longer cooking than white rice so plan ahead in your preparation. Consider cooking your rice in the morning while you are getting ready for work, and then refrigerate it. When you get home to prepare dinner, all you will need to do is to reheat it.

To further increase the antioxidant content of the rice, cook it in “tea.” That’s right—unsweetened tea!

If you can’t find brown/wild rice where you ordinary find rice in the supermarket, check out the nutrition aisle of your supermarket. Here’s a great brand: Lundberg (www.lundberg.com).

