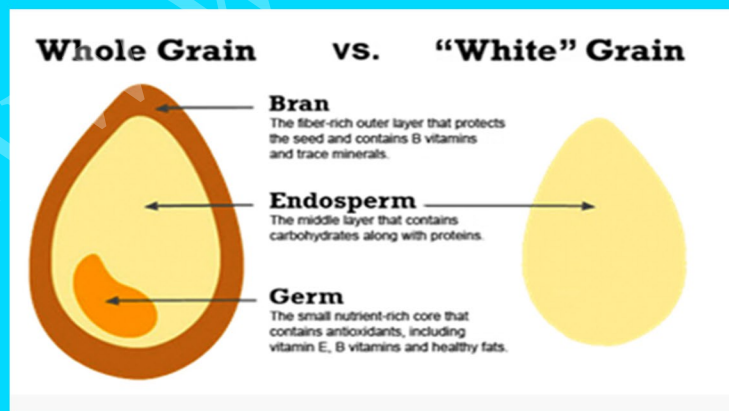




What is the Difference between Brown & White rice, exactly?

What Is Brown Rice?

Rice is an edible, starchy cereal grain that's naturally gluten-free. When rice kernels are harvested, they're enclosed in their outmost layer known as the hull or husk. Brown rice only has the hull of the rice kernel removed so it maintains the grand majority of its inherent nutritional value. When brown rice is further processed to remove the bran as well, then it becomes white rice and loses most of its nutrients as a result of this processing. It retains its fiber and germ which contains vital nutrients.



Health benefits of Brown rice

1. Boost Heart Health

Brown rice has a large amount of plant lignans, as well as Selenium and Magnesium all of which are heart boosting nutrients.

2. Brown Rice is very high in Manganese

It's an important trace mineral needed for many vital functions, including nutrient absorption, production of digestive enzymes, bone development, and immune system defenses.

3. Decreases Cholesterol Levels

Whole grain foods like brown rice contain both fiber and bran. The fiber in brown rice naturally aids in lowering cholesterol levels in the body by binding to cholesterol in the digestive system, which causes it to be excreted by the body.

4. Lowers Diabetes Risk

Brown rice has a low glycemic index which keeps blood sugar stabilized, as it releases sugars slowly and in a sustained fashion.

5. Safe for Gluten-Free Diets

Brown rice is a naturally gluten-free food. People who avoid gluten in their diets can easily fall short on fiber and the beneficial B vitamins found in whole grains. The good news here is that brown rice provides lots of fiber and B vitamins minus the gluten.

Buying Brown Rice

I recommend buying organic, which some experts say can reduce the arsenic content of brown rice. Since brown rice still has the healthy natural oils of the germ, it also has a shorter shelf life compared to white rice. Always store brown rice in an airtight container away from heat, light and moisture, which typically gives it a shelf life of at least six months. If you choose to buy brown rice in bulk, try to opt for a store source that has a high turnover rate

How to Cook Brown Rice

Before cooking brown rice, at the least you always should make sure to rinse it and remove any debris. I also highly recommend soaking your brown rice before cooking it, which has been found to decrease allergens and phytic acid content while increasing the absorption of nutrients. Brown rice generally needs more cooking time than white rice. Brown rice requires double the water to cook when compared to white rice. Reduce the hassle of cooking brown rice by using a rice cooker which has got automatic settings to cook brown rice.

Final thoughts on Brown rice Nutrition

In moderation, brown rice can be a healthy, nutrient-rich addition to the diet. Try to purchase organic brown rice which is low in Arsenic. Soaking and sprouting brown rice can get rid of anti-nutrients like phytic acid, or phytate which reduce absorption of Calcium, Phosphorous, Iron, Magnesium and Zinc. Brown rice nutrition is very impressive and offers many health benefits, including reducing the risk of heart disease, high cholesterol and diabetes.