

NUTRITION NUGGET #2

Question: Is brown rice more fattening than white rice?



Answer: It depends on how you prepare the rice and the portion you eat.

Facts:

- Milling removes the bran or outer layer of brown rice creating nutritional differences between brown and white rice.
- Brown rice has a significant amount of fiber. 1 cup brown rice: 3.5g of fiber v. 1 cup white rice: 1g or less. See labels.
- Unlike white rice, brown rice contains essential oils that lower cholesterol (Brown rice: 1.17g of fat in 1 cup v. White rice: 0.205g of fat in 1 cup).
- Brown rice may be more fattening if it is consumed in excess.

RICE NUTRITION FACTS

Nutrition Facts

Enriched White Rice

Serving Size 1/2 cup cooked rice

Calories 103

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Sodium 0 mg 0%

Total Carbohydrate 22 g 7%

Dietary Fiber 0.5 g 2%

Protein 2 g 4%

Iron 0.95 mg 5%

Thiamin 0.129 mg 8%

Niacin 1.166 mg 5.8%

Folate 46 mcg 11.5%

* Based on USDA Data

Enriched with important vitamins and minerals, like iron, folate and zinc—nutrients that may be lacking in your diet.

Nutrition Facts

Whole Grain Brown Rice

Serving Size 1/2 cup cooked rice

Calories 108

% Daily Value*

Total Fat 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Sodium 5 mg 0.2%

Total Carbohydrate 22 g 7%

Dietary Fiber 2 g 8%

Protein 2.5 g 5%

Iron 0.41 mg 2%

Thiamin 0.094 mg 6%

Niacin 1.49 mg 7%

Folate 4 mcg 1%

* Based on USDA Data

Naturally good, naturally delicious, 100% whole grain brown rice

Apply: How would you tell someone to prepare brown rice if they are watching fat in their diet?