

## Brown Rice

All about the (Brown) Rice How much do you know about the staple food? Rice prices are rising. Well, that is probably the latest news in town. However what else do you know about the white bits that you consumed almost everyday. In this issue, Physique 360 is going to explore the two main types of rice, focusing on the benefits of eating brown rice.

Do you know the main differences of Brown and White Rice?

Brown Rice  
White Rice

Brown-coloured bran intact. Only the outermost "hull" is removed from the grain.

Brown-coloured bran removed for fluffiness and faster cooking time. Rice is usually processed and polished.

3.5 grams more fiber than white rice (daily recommended intake is 25-38)

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Nutrients like magnesium, manganese, and zinc are intact.

Reduced level of the nutrients but fortified with iron and some vitamin B

Do you know that women who consumed Brown Rice are less likely to gain weight?

Doesn't that just catch your attention? Indeed, in a study conducted in Harvard Medical School/Brigham and Women's Hospital, they concluded that weight gain was inversely related to the intake of high-fiber, whole-grain food but was positively related to the intake of refined grain food. In simple terms, it means that the more dietary fiber you consume from whole-grain food, the less likely you are to gain weight.

Do you know that Brown Rice is a good source of fiber?

Research shows that one cup of Brown Rice is able to provide 14% of daily fiber intake. In addition, it also helps to lower cholesterol level. Not only that, brown rice helps to keep blood sugar level under control which makes the reason why it's a great grain choice for people who are diabetic.

### Simple Recipe on Brown Rice

So now that you know some nutritional value regarding brown rice, why not try to simple recipe and have a taste of this nutritious product.

### Brown Rice Salad with Salmon and Raisins (Serves 4)

#### Ingredients:

- 1 cup of cooked brown rice
- 1/3 cup of mixed variety raisins
- 2 slices of smoked salmon (Chopped Thinly)
- 1/4 of fresh lettuce (Chopped Thinly)
- Balsamic Vinegar (you could either prepare this yourself or simply get it off the shelves)

#### Method:

In a large salad bowl, simply mix everything together and serve immediately so that the lettuce does not wilt.

#### Nutritional Fact:

This simple recipe not only contains the dietary fiber from the brown rice, it also contains good omega-3 existing in salmon, making this a simple yet nutritious meal.