

Rice

Choose the right rice for you

FACT SHEET

Rice is a carbohydrate food which helps to fuel working muscles, the brain and vital organs while also providing essential vitamins and minerals.

With more than 40,000 varieties of rice around the world, getting to know which rice is right for you can help to boost your nutrition, fuel your body, manage your weight and prevent chronic disease in the long term. Here's what you need to know to find the right rice for you.



Get the goodness of whole grain

Brown rice, black rice and red rice are whole grain varieties of rice. Whole grains deliver a unique nutrition package of dietary fibre, protein, vitamins, minerals as well as phytonutrients (e.g. antioxidants).

Eating a variety of whole grain foods each day ensures you get essential nutrients for good health and reduces your chances of gaining weight or developing heart disease, type 2 diabetes and some cancers.¹

Did you know?

1 cup of cooked brown rice contains 1278kJ, 3g fibre, 5.8g protein, 1.8mg zinc and 98mg magnesium.²



What about white rice?

To produce white rice the nutrient rich bran layer is removed. While white rice has lower levels of nutrients it still contains protein, vitamins, minerals and some fibre and is low in fat and salt. When enjoyed in moderate amounts, and as part of balanced meal white rice makes a positive contribution to a healthy diet.³

One meal a day of refined grain foods is ok

Choosing whole grain or high fibre grain foods more often helps to boost your nutrition and improve your health which is why the Grains & Legumes Nutrition Council™ encourage people to make at least half of their grain foods whole grain or high fibre. But variety is important and when it comes to white rice and other refined grain foods studies indicate that **one meal each day is ok** and does not increase risk of chronic disease.⁴

Portion size matters!

As a guide aim to eat one cup of cooked rice at a meal, which is approximately 200 grams or a small fist. And don't forget to also include a source of lean protein like meat, chicken, fish or legumes and plenty of vegetables as part of a balanced meal.



Lower glycemic index (GI) benefits

Low GI brown rice and low GI white rice varieties are available in your supermarket; simply look for the low GI symbol or check the pack to make sure the GI is lower than 55.



Sourced from
Glycemic
Index Foundation
www.gisymbol.com

Enjoying a healthy low GI diet has the following health benefits:

- Improved weight management⁵⁻⁷
- Sustained energy levels for mental and physical performance⁸
- Reduced risk of type 2 diabetes, heart disease and some cancers⁹

Tip: To lower the GI of your diet, choose at least one low GI carbohydrate food at meals and base your snacks on lower GI foods.



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Cooking rice

Here is a quick guide using a variety of cooking methods.

ABSORPTION



1. Place 1 cup of rinsed uncooked rice in a saucepan.[†] Add 1½ cups of cold water. Bring to boil. Stir occasionally.
2. Reduce heat and simmer covered for 12-14 minutes for white rice or 25-30 minutes for brown rice.*
3. Remove from heat and stand, covered for 5-10 minutes. Serve.

GENTLE BOIL



1. Place 1 cup of uncooked rice in a saucepan.[†] Add 6-8 cups of cold water. Bring to boil. Stir occasionally.
2. Lower heat and boil gently, uncovered for 12-14 minutes for white rice or 25-30 minutes for brown rice.*
3. Remove from heat. Drain well and serve.

MICROWAVE



Use the same water to rice ratio as the absorption method and refer to your microwave manual for instructions. Alternatively, for perfect rice every time try shelf-stable microwave rice – ready in just 90 seconds or an electric rice cooker.

[†] Generally 1 cup of uncooked rice makes 2-3 cups of cooked rice.

* Cooking times may vary between different types of rice so it's always a good idea to check and follow the instructions on the packet.

Nutrient	Uncooked White Rice	Uncooked Brown Rice
	Per 100g	Per 100g
Energy	1480kJ	1470kJ
Carbohydrate	77.4g	70.4g
Dietary Fibre	0.8g	3.5g
Fat, total	0.9g	3.1g
Protein	7g	7.6g
Vitamin B3 (Niacin)	1.5mg	1.2mg
Iron	0.2mg	0.8mg
Magnesium	20mg	119mg
Phosphorus	90mg	314mg
Sodium	0.7mg	1.5mg
Zinc	1.2mg	1.7mg

Sourced from Grains & Legumes Nutrition Council™ (2013). Nutrient Analysis of Australian Grown Grains and Legumes. Unpublished.

Rice is gluten free! This makes rice a good alternative to other gluten containing grain foods for people with medically diagnosed coeliac disease or gluten intolerance.

Low GI brown rice asparagus, corn and Brazil nut salad

A nutritious and delicious way to enjoy whole grain brown rice with low GI benefits.



Recipe and image kindly provided by SunRice.

Check out some quick and easy recipes like Moroccan chickpea & basmati rice pilaf or beefy rice stuffed capsicum at www.glnc.org.au

INGREDIENTS

- 2 cups Low GI brown rice
- 1 bunch fresh asparagus, trimmed and sliced
- 125g can baby corn, drained and halved
- 5 radishes, trimmed and thinly sliced
- 2 green onions, trimmed and thinly sliced
- 1 cup coarsely chopped mint leaves, plus whole leaves to garnish
- ½ cup Brazil nuts, toasted and roughly chopped
- ½ cup pomegranate seeds
- ¼ cup olive oil
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard

METHOD

1. Cook the rice according to directions on the packet. Cool.
2. Cook asparagus and corn in boiling water for 2 minutes or until just tender. Rinse under cold water. Drain.

3. Add asparagus, corn, radishes, green onions, mint and ½ each of the of the Brazil nuts and pomegranate seeds to rice. Combine oil, lemon juice and mustard and add to rice mixture. Toss to combine.
4. Serve salad topped with whole mint leaves, remaining chopped Brazil nuts and pomegranate seeds.

Serves 4

NUTRITIONAL INFORMATION

	PER SERVE
ENERGY (kJ)	1777
PROTEIN (g)	8
FAT - TOTAL (g)	27
- SATURATED (g)	5
CARBOHYDRATES (g)	35
DIETARY FIBRE (g)	7
SODIUM (mg)	178



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Visit www.glnc.org.au to download recipes, fact sheets and subscribe to GLNC's e-newsletter to learn more about the benefits of grains and legumes. | For all references cited go to www.glnc.org.au/resources/fact-sheet-references.

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