

BROWN RICE VS WHITE RICE



White rice starts out as brown rice, but after removing the germ and remaining husk from the grain it becomes white rice. This process removes nutrients of the rice, so what do you get out of white rice? In a cup of cooked long grain white rice, that has not been enriched, the nutrition facts will be less impressive than that of brown rice. Different brands will affect the actual nutrition facts but white rice will not offer vitamin A, vitamin C, or calcium. The amount of iron that it will supply will likely be half of what brown rice can offer, and it will have less protein than brown rice.

Brown rice will offer 10 more calories preserving and has four times as much fiber, as well as almost four times as many calories from fat as white rice. Both brown rice and white rice actually offer the same amount of carbohydrates per serving. The amount of nutrients that brown rice supplies can not be argued with the amount that white rice supplies, brown rice offers six times as much thiamin, three times as much riboflavin, five times as much niacin, twice as much vitamin B6, twice as much folate as white rice and offers such nutrients as vitamin K and betaine that white rice does not. Both rices offer the same amount of vitamin E and choline.

The fact that brown rice offers so many more nutrients than white rice it is not surprising considering that the process that it takes to make white rice removes nutrients. The decision to choose the healthier rice of the two is now up to you.

You can always start adding in brown rice into your white rice to start the switch in your home.

	Brown Long grain	White Long grain Parboiled, Unenriched	White Long grain Unenriched	White Long grain Parboiled, Enriched	White Long grain Enriched, with salt	White Long grain, Instant, Enriched	
Water		142.526	126.858	108.135	126.858	108.135	126.126
Energy (kcal)		216.450	199.500	205.400	199.500	205.400	161.700
Protein (g)		5.031	4.008	4.250	4.008	4.250	3.399
Total lipid (fat) (g)		1.755	0.472	0.442	0.472	0.442	0.264
Ash (g)		0.897	0.385	0.648	0.385	0.648	0.116
Carbohydrate, by difference (g)		44.772	43.278	44.509	43.278	44.509	35.095
Fiber, total dietary (g)		3.510	0.700	0.632	0.700	0.632	0.990
Minerals	brown	parboiled	white	pboiled enr.	white enr.	instant	
Calcium, Ca (mg)	19.500	33.250	15.800	33.250	15.800	13.200	
Iron, Fe (mg)	0.819	0.350	0.316	1.977	1.896	1.040	
Magnesium, Mg (mg)	83.850	21.000	18.960	21.000	18.960	8.250	
Phosphorus, P (mg)	161.850	73.500	67.940	73.500	67.940	23.100	
Potassium, K (mg)	83.850	64.750	55.300	64.750	55.300	6.600	
Sodium, Na (mg)	9.750	5.250	1.580	5.250	[*] 603.560	4.950	
Zinc, Zn (mg)	1.228	0.542	0.774	0.542	0.774	0.396	
Copper, Cu (mg)	0.195	0.164	0.109	0.164	0.109	0.107	
Manganese, Mn (mg)	1.765	0.455	0.746	0.455	0.746	0.388	
Selenium, Se (mcg)	19.110	14.350	11.850	14.350	11.850	6.930	
Vitamins	brown	parboiled	white	pboiled enr.	white enr.	instant	
Vitamin C, total ascorbic acid (mg)	0.000	0.000	0.000	0.000	0.000	0.000	
Thiamin (mg)	0.187	0.035	0.032	0.438	0.258	0.124	
Riboflavin (mg)	0.049	0.032	0.021	0.032	0.021	0.076	

Niacin (mg)	2.980	2.450	0.632	2.450	2.332	1.452
Pantothenic acid (mg)	0.556	0.567	0.616	0.567	0.616	0.294
Vitamin B-6 (mg)	0.283	0.033	0.147	0.033	0.147	0.017
Folate, total (mcg)	7.800	7.000	4.740	133.000	91.640	115.500
Folic acid (mcg)	0.000	0.000	0.000	126.000	86.900	113.850
Folate, food (mcg)	7.800	7.000	4.740	7.000	4.740	1.650
Folate, DFE (mcg_DFE)	7.800	7.000	4.740	222.250	153.260	194.700
Vitamin B-12 (mcg)	0.000	0.000	0.000	0.000	0.000	0.000
Vitamin A (IU)	0.000	---	0.000	0.000	0.000	0.000
Retinol (mcg)	0.000	---	0.000	0.000	0.000	0.000
Vitamin E (mg_ATE)	0.421	---	0.073	0.087	0.073	0.083

Fats	brown	parboiled	white	pboiled enr.	white enr.	instant
Lipids Fatty Acids, Total saturated (g)	0.351	0.128	0.122	0.128	0.122	0.073
Fatty acids, Total monounsaturated (g)	0.638	0.147	0.139	0.147	0.139	0.084
Fatty acids, Total polyunsaturated (g)	0.630	0.126	0.120	0.126	0.120	0.073
Cholesterol	0.000	0.000	0.000	0.000	0.000	0.000

Amino Acids	brown	parboiled	white	pboiled enr.	white enr.	instant
Tryptophan (g)	0.064	0.047	0.049	0.047	0.049	0.040
Threonine (g)	0.185	0.144	0.152	0.144	0.152	0.122
Isoleucine (g)	0.213	0.173	0.183	0.173	0.183	0.147
Leucine (g)	0.417	0.333	0.351	0.333	0.351	0.281
Lysine (g)	0.193	0.145	0.153	0.145	0.153	0.122
Methionine (g)	0.113	0.094	0.100	0.094	0.100	0.079
Cystine (g)	0.060	0.082	0.087	0.082	0.087	0.069
Phenylalanine (g)	0.259	0.213	0.228	0.213	0.228	0.181
Tyrosine (g)	0.189	0.135	0.142	0.135	0.142	0.114

Valine (g)	0.294	0.245	0.259	0.245	0.259	0.208
Arginine (g)	0.382	0.334	0.354	0.334	0.354	0.284
Histidine (g)	0.129	0.094	0.100	0.094	0.100	0.079
Alanine (g)	0.294	0.233	0.246	0.233	0.246	0.196
Aspartic acid (g)	0.472	0.376	0.400	0.376	0.400	0.318
Glutamic acid (g)	1.026	0.782	0.828	0.782	0.828	0.662
Glycine (g)	0.248	0.182	0.193	0.182	0.193	0.155
Proline (g)	0.236	0.189	0.201	0.189	0.201	0.160
Serine (g)	0.261	0.212	0.223	0.212	0.223	0.178



Kombu (*Sea Cabbage*) The most commonly used seaweed, kombu is particularly good with beans. Add a 4–6 inch strip to soups, stews, beans, or brown rice as they cook. When cooking time is short, soak kombu for 20 minutes first. Once cooked, cut up and return to the dish. Kombu contains glutamic acid, a natural flavor enhancer. Like kelp, kombu has the ability to soften other foods that are cooked with it.

Health Benefits: Kombu contains enzymes that help to break down the raffinose sugars in beans (the cause of excessive gas and bloating), increasing digestability. Kombu also acts as an antidote to excess sodium consumption and it is known to reduce blood cholesterol and hypertension. Kombu is high in iodine, potassium and calcium, as well as vitamins A and C.

No fail pressure cooker brown rice

(You will want to experiment with water levels and cooking times in your own machine.)

Bring 3 cups water to boil
Add 1" chunk of kombu seaweed

Add 2 ½ cup brown rice

Lock pressure cooker and bring to full/high pressure, if on stovetop reduce heat from high to medium but make sure you don't lose pressure) for 10 minutes.

Remove from heat and rest for another 10 minutes.

After the resting time, depress the pot, and fluff and season to taste, we usually add 1T of butter or olive oil and fluff with rice spatula until evenly coated. Put the top back on to hold heat until ready to serve....