

Does eating cold rice warm up to be dangerous to health?

Can eating cold rice cause poisoning, even cancer? Is this information correct?

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1. Health warning behind the "wink" that everyone thinks is premonition
2. What does the foot reveal about your health?
3. What does the body shape say about your health?

Many families have a cold eating habit but recently there have been rumors that this is harmful to health. This makes many people bewildered, most worried about the office people or bring lunch to lunch.



According to experts, eating cold or warming cold rice does not affect health. But if the preservation of cold rice improperly causes broken rice before warming, it is possible for the user to suffer from food poisoning.

The reason is that there may be *Bacillus cereus* in rice, a bacterium that causes food poisoning. The cooking process cannot destroy this spore. If cold rice is stored at normal room temperature, spores and bacteria will multiply, grow and produce toxic substances that cause vomiting and diarrhea.

Whether heating or roasting rice cannot eliminate these toxins.



Symptoms of poisoning caused by eating broken rice

After 1 to 5 hours of eating rice containing *Bacillus cereus*, the victim may show signs of nausea or diarrhea. This symptom may last about 24 hours.

For the elderly and children, the symptoms of poisoning when eating cold rice infection can cause many dangerous complications.

Keep the rice cold properly

Eating cold rice to warm up after being stored in the refrigerator for more than 24 hours will be harmful to health. Meanwhile, cold rice does not smell so many people are subjective.



To avoid the risk of developing harmful bacteria in cold rice, we need to pay attention:

1. Store leftover rice after eating in the refrigerator as soon as possible (preferably within 1 hour).
2. Should not use cold rice stored in the refrigerator more than 24 hours.
3. Do not heat rice more than twice to ensure nutrients.

4. When using a microwave oven to cook cold rice, a glass bowl or a white bowl should be used, not covered tightly, not covered with wrap.
5. When reheating rice, always check if the rice dish has evaporated.

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