

Which type of rice is best for health?

This article discusses the most nutritious types of rice and how to maximize the health benefits of whichever rice you choose.

While some varieties of rice may contain more fiber, protein, or antioxidants, **all types of rice can fit into a nutritious, well-rounded diet**.



Rice is a staple food in many countries and provides billions of people around the world with a cheap, nutritious source of energy. There are many varieties of rice that vary in colour, flavour and nutritional value.

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Brown rice

Whole grain rice like brown rice is less processed and refined than white rice. As a result, brown rice contains more nutrients like fiber and minerals like magnesium, iron, and zinc.

However, since brown rice is higher in potassium and phosphorus, people with kidney disease may need to consult their doctor before including brown rice in their diet.

Several studies have found that eating whole grains has health benefits including weight loss and blood sugar control. According to one study, regularly consuming 1 cup (202 grams) of brown rice can reduce the risk of diabetes by up to 60%.

Nutrients in 202 grams of long-grain brown rice, cooked (DV = Daily Value)

Nutrition	Quantity
Calories	248
Carbohydrate	52 grams, 19% DV
Fiber	3.2 grams, 11% DV
Protein	5.5 grams, 11% DV
Total fat	2 grams, 3% DV
Road	0.458 grams
Starch	50.1 grams
Vitamin B1	30% of DV
Vitamin B2	11% of DV
Vitamin B3	32% of DV
Pantothenic acid	15% of DV
Vitamin B6	15% of DV
Folate	5% of DV
Iron	6% of DV
Potassium	4% of DV
Copper	23% of DV
Sodium	8.1 mg
Manganese	86% of DV
Phosphorus	17% of DV
Magnesium	19% of DV

Brown rice also contains the following minerals:

1. Vitamin E
2. Zinc
3. Selen
4. Tryptophan

Black rice

Black rice is sometimes called forbidden rice because it was reserved for royalty in ancient China.

Black rice is a whole grain, non-sticky, medium grain rice that has a deep purple color and a nutty, slightly sweet flavor. It is high in fiber and antioxidants called anthocyanins, which are known for their health benefits.

Compared to other types of rice, it is higher in protein and iron.



Nutrients in 210 grams of black rice, cooked

Nutrition	Quantity
Calories	305
Carbohydrate	70 grams, 25% of DV
Fiber	0 grams
Protein	6 grams, 12% DV
Sodium	11 mg

Red rice

Red rice is a richly colored, fiber- and protein-rich rice. Popular varieties include Himalayan red rice and Thai red rice, which are the two most popular types of red rice. In Asia, red rice is often fermented, creating red yeast rice.

Red yeast rice has anti-inflammatory, cholesterol-lowering, heart-protective, anti-cancer, and anti-diabetic properties.

Nutrients in 45 grams of dry red rice

Nutrition	Ingredient
Calories	1660
Carbohydrate	34 grams, 12% DV
Fiber	5 grams, 18% DV
Protein	4 grams
Total fat	1.5 grams, 2% DV
Iron	2% of DV

Nutrition	Ingredient
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Potassium	2% of DV
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Sodium	30.2 mg
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Wild rice

Although wild rice is a seed and not a grain, it is considered a type of rice. In North America, wild rice is classified as a whole grain product and is sold as a health food.

Wild rice is higher in protein and lower in fat and sugar than white rice. It is also rich in nutrients such as B vitamins, vitamin E, calcium, iron, phosphorus, potassium and zinc.

Wild rice contains flavonoids, which have antioxidant and anti-inflammatory properties that may help combat oxidative stress and prevent disease.

The high fiber content of wild rice may also help lower cholesterol levels and reduce the risk of type II diabetes.

Nutrients in 164 grams of cooked wild rice

Nutrition	Quantity
Calories	166
Carbohydrate	34.9 grams
Fiber	2.95 grams
Protein	6.54 grams
Total fat	0.558 grams
Road	1.2 grams
Vitamin B1	0.085 mg
Vitamin B2	0.143 mg
Vitamin B3	2.12 mg
Pantothenic acid	0.253 mg
Vitamin B6	0.221 mg
Pantothenic acid	42.6 µg
Sodium	4.92 mg
Potassium	166 mg
Manganese	0.462 mg
Phosphorus	134 mg
Magnesium	52.5 mg

In addition, wild rice also contains the following minerals:

1. Iron
2. Calcium
3. Zinc

4. Copper



Is eating white rice harmful?

While there is nothing wrong with incorporating white rice into a healthy diet, white rice is less nutritious than whole grain rice. During processing, the hull, bran, and germ of the rice grain are removed.

White rice varieties include short-grain (arborio), medium-grain (Japanese-style) and long-grain (basmati, jasmine and doongara), with varying glycemic indexes. Basmati rice has a low glycemic index, but some other white rices have a higher glycemic index.

With the exception of basmati and doongara, other types of white rice are absorbed quickly by the body. This means they have a greater impact on blood sugar levels. White rice is also lower in nutrients such as fiber, protein, vitamins and minerals.

Nutrients in 3 ounces of cooked medium grain white rice

Nutrition	Ingredient
Calories	242
Carbohydrate	53.2 grams
Protein	4.43 grams
Total fat	0.391 grams
Vitamin B1	0.037 mg
Vitamin B2	0.03 mg
Vitamin B3	0.744 mg
Pantothenic acid	0.764 mg
Vitamin B6	0.093 mg
Folate	3.72 µg

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