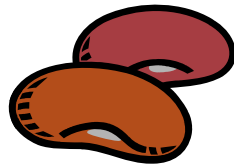


# Why is Brown Rice Best? It's a Whole Grain!



- ❖ Fiber, vitamins, and minerals are removed from brown rice to make white rice.
- ❖ The benefits of including more whole grains and fiber in your diet are:

- ◆ May reduce heart disease risk by lowering cholesterol levels
- ◆ May help to control blood sugar levels
- ◆ Can help to prevent constipation and hemorrhoids
- ◆ May decrease the risk of colon cancer
- ◆ Can help you to feel full, so you eat less
- ◆ Increases the vitamins and minerals in your diet



- ❖ Fiber-rich foods include:

- Brown rice
- Oats
- Fruits and vegetables
- Beans
- Whole grain breads, cereals, and pasta
- Nuts
- Seeds



- ❖ Adults need **25-35 grams** of fiber every day
- ❖ Increase fiber slowly and drink 8 glasses of water daily

## Nutrition Facts

<u>Brown Rice</u>		<u>White Rice</u>	
Serving size:	1 cup	Serving size:	1 cup
Calories:	205	Calories:	205
Protein:	5 grams	Protein:	4 grams
<b>FIBER:</b>	<b>3.5 GRAMS</b>	<b>FIBER:</b>	<b>0.6 GRAMS</b>