

Brown Rice vs. White Rice



Tip: Eat half of your daily intake of grains from whole grains

Brown rice:

- Is a whole grain
- Has 3 grams of protein
- Higher in magnesium
- Higher in fiber compared to white rice
- Fiber prevents a blood sugar spike
- Research has shown that consuming whole grains can help protect against heart disease (<https://pubmed.ncbi.nlm.nih.gov/24829736/>).
- Research has shown that brown rice can decrease body weight and waist size compared to white rice (<https://pubmed.ncbi.nlm.nih.gov/24829736/>).

White rice:

- Is a refined grain
- Has 3 grams of protein
- Can be higher in iron if package says it is "enriched" (which means nutrients were added)
- Increases blood sugar levels faster than brown rice
- Doesn't contain compounds that protect against heart disease

