

## Brown Rice vs White Rice

In white rice the germ and the inner husk (bran) is removed. The grain is then polished, usually using glucose or talc.

Plain white rice has far less Vitamin E, Thiamin, Riboflavin, Niacin, Vitamin B6, Folacin, Potassium, Magnesium, Iron and over dozen other nutrients. Added to that, the dietary fiber contained in white rice is around 1/4 of that in brown rice.

	<b>Brown Rice (one cup)</b>	<b>White Rice (one cup)</b>
Calories	232	223
Protein	4.88 g	4.10 g
Carbohydrate	49.7 g	49.6 g
Fat	1.17 g	0.205 g
Dietary Fiber	3.32 g	0.74 g
Thiamin (B1)	0.176 g	0.223 g
Riboflavin (B2)	0.039 mg	0.021 mg
Niacin (B3)	2.730 mg	2.050 mg
Vitamin B6	0.294 mg	0.103 mg
Folacin	10 mcg	4.1 mcg
Vitamin E	1.4 mg	0.462 mg
Magnesium	72.2 mg	22.6 mg
Phosphorus	142 mg	57.4 mg
Potassium	137 mg	57.4 mg
Selenium	26 mg	19 mg
Zinc	1.05 mg	0.841 mg