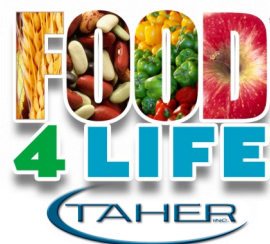




History/Origin

# BROWN RICE

- ★ The earliest record of rice being cultivated in **China** dates back to **7000 B.C.**
- ★ Rice was **exclusive to Asia** before travelers brought it into ancient Greece.
- ★ In the Western nations, rice is typically viewed as a **side dish**. In Asia, rice provides up to **half the calories** in a typical daily diet.
- ★ There are more than **40,000 varieties** of rice that grow on every continent except on Antarctica.



# BROWN RICE



Botanical

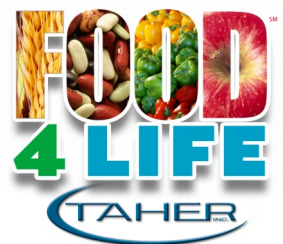
- ☆ Brown rice is a kind of **whole, natural grain**.
- ☆ When you remove the outermost layer of the rice kernel (**the hull**), brown rice is produced.
- ☆ When you remove the next layers underneath the hull (**the bran layer and the germ**), white rice is produced.
- ☆ It has a **mild nutty flavor**, is chewier and more nutritious than white rice because the germ has not been removed.





## Rice is one of the world's healthiest foods!

- ☆ Brown rice is an **excellent source** of:
  - ♥ Folate—*helps the brain by improving blood flow*
  - ♥ Manganese—*helps maintain a healthy nervous system*
  - ♥ B vitamins—*assists in delaying the onset of age-related dementia*
  - ♥ Rice bran oil—*aids in lowering LDL cholesterol*
  
- ☆ Brown rice is **free** of gluten, trans fats and cholesterol, and contains only a trace amount of fat and sodium.





Fun Facts

# BROWN RICE

- ★ In **Burma**, a person consumes about 500 pounds of rice a year. In the **USA**, a person consumes about 20 pounds of rice a year.
- ★ Rice is a **symbol of life and fertility**, which is why rice was traditionally thrown at weddings.
- ★ Medium and short grain rice contains **amylopectin** which is the waxy starch responsible for making the sticky rice.
- ★ In some parts of the world, the word "**to eat**" literally means "**to eat rice.**"

