

Taste Test: Brown Rice



Brown rice is a whole grain that is highly nutritious because it contains all three parts of the grain including the bran, germ, and endosperm! White rice only contains the inner endosperm portion, so the outer nutrient-dense portions are removed. Brown rice is high in fibre, gluten-free and contains no cholesterol or trans-fat. It is high in B vitamins, folate, iron, magnesium, and selenium making it a great alternative to refined grains!¹

Food Fact

Did you know there are over 40,000 varieties of rice grown and produced worldwide!²

How to Choose

- There are many different brands of brown rice to choose from
- Look for the 100% whole grain sticker on the label
- If you have limited time, try choosing a precooked brown rice instead

How to Prepare:

- Make sure to rinse rice well under cold water before preparing to remove excess starch
- Boil or steam rice according to the package directions
- For extra flavour, try using chicken or vegetable broth instead of water
- Try adding spices such as parsley or dill for added flavour after the rice is cooked²

How to Store:

- Store uncooked rice in a cool, dark space and preferably an airtight container or strong bag clip
- Uncooked rice properly stored can last up to six months in the pantry, 12 to 16 months in the fridge, or can be frozen for up to two years!
- Brown rice has a wonderful nutty flavorful due to the outer bran and germ later containing oils that are rich in unsaturated fats and is therefore subject to rancidity – making sure rice is properly stored is key in preventing unwanted flavours or smells!²

Note:

Canada's food guide recommends:

- Replacing refined grains with whole grains as they contain important nutrients such as fibre, vitamins and minerals!
- Eating whole grains can help to lower your risk of stroke, colon cancer, heart disease and type 2 diabetes²

I Tried It!

My Rating (circle one):



Would you like to try brown rice again?

YES NO

Ideas for Serving Brown Rice:

- Try preparing rice in bulk so you can add brown rice to meals during the week!
- Try adding rice to salads, protein/vegetable bowls, or soup for added fibre
- Try making a rice pudding for a delish and nutrient-rich dessert
- Try making a stir fry with brown rice and add vegetables and fresh herbs such as cilantro, parsley, or dill

The Perfect Rice Bowl

Makes 4 servings

Ingredients

- 1 cup brown rice (cooked)
- 1 cup no salt added black beans, drained and rinsed
- 2 cups broccoli slaw
- 1/2 avocado sliced
- 1/2 mango cubed
- 4 tbsp salsa
- 4 tbsp Greek yogurt
- 4 lime slices
- Cilantro to garnish

Directions

1. Cook the rice according to the package directions
2. Place in the bottom of the bowl.
3. Top the rice with the rest of the ingredients.

Optional: You can change it up and try with other vegetables or protein.



Recipe adapted from [Half Your Plate](#).

Getting children involved in cooking at home makes them more likely to eat more protein and select healthy foods. For more information, please contact APPLE Schools at info@appleschool.ca.

1. Live Science. Brown Rice: Health Benefits & Nutrition Facts. <https://www.livescience.com/50461-brown-rice-health-benefits-nutrition-facts.html>. April 2022.
2. Harvard T.H. Chan: School of Public Health. <https://www.hsph.harvard.edu/nutritionsource/food-features/rice/>. The Nutrition Source. Accessed April 2022.
3. Government of Canada. Canadas Food Guide. <https://food-guide.canada.ca/en/>. Accessed April 2022.