

Rice Nutrition Facts



One cup of brown (whole grain) rice (195g) provides 218 calories, 45.8 grams of carbohydrates, 3.5 grams of fiber, 4.5 grams of protein, 1.6 grams of fat, and 0 grams of sugar. Brown rice contains valuable phytochemicals like essential amino acids, fiber, minerals, and flavonoids.

- Calories: 218
- Fat: 1.6g
- Carbohydrate: 45.8g
- Fiber: 3.5g
- Sugars: 0g
- Protein: 4.5g

Rice Health Benefits

Provides Healthful Fiber

Brown rice is an excellent source of dietary fiber, which supports digestion, blood sugar control, weight management, and heart health.



Reduces Risk of Chronic Diseases

Brown rice is anti-diabetic, anti-cholesterol, cardioprotective, and antioxidant. Because of its lower glycemic index compared to white rice, brown rice is beneficial for post-meal sugar control.



Provides a Nutritious Source of Energy

Brown rice contains a significant amount of carbohydrates in the form of starch and is also rich in dietary fiber, making it a good energy source.



Helps Prevent Anemia

Brown rice contains the highest amount of iron of any other type of processed rice. The iron and mineral content of brown rice play a significant role in health and anemia prevention.

