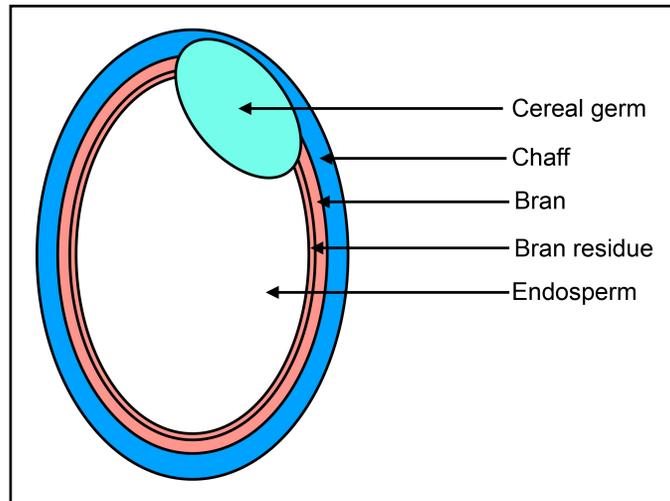


## Brown Rice vs White Rice

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Brown rice is the natural whole grain product with the outer husk (chaff) removed. White rice is raw rice product with the husk (chaff), bran, and cereal germ layers removed, leaving primarily the endosperm.

Many minerals and toxins are absorbed into the husk and bran layers of brown rice. The minerals and fiber in the bran are beneficial. The toxins that are absorbed by the bran can be harmful.

Arsenic is a toxic element naturally present in our environment. It is divided into two groups, organic and inorganic arsenic, with inorganic arsenic being more toxic. Rice accumulates more arsenic than other food crops. Long-term consumption may increase one's risk of chronic diseases including cancer, heart disease and type 2 diabetes. Brown rice tends to be higher in arsenic than white rice. A 2012 report from the US publication Consumer Reports found measurable levels of arsenic in nearly all of the 60 varieties of rice and rice products it tested in the US. Consumer Reports states that brown rice has 80 percent more inorganic arsenic on average than white rice of the same type, because the arsenic tends to accumulate in the outer layers of the grain. A 2013 analysis found that rice cereal and pasta can possess significantly more inorganic arsenic than the 2012 data showed; Consumer Reports said that just one serving of rice cereal or pasta could place children over the maximum amount of rice it recommended for their weekly allotment, due to arsenic content. One study published in the Proceedings of the National Academy of Sciences (US) journal found a median level of arsenic that was 56% higher in the urine of women who had eaten rice.

Toxins in rainwater and ground water are also absorbed into rice. What was once a nutritious product has become a depository of natural and man-made environmental toxins. Organic rice is certified to be free of pesticides and synthetic fertilizers. However, it is not free from toxins contained in rain water and ground water.

In summary, brown rice (organic or conventional) has a higher nutritional content and a higher toxin content. White rice (organic or conventional) has a lower nutritional content and a lower toxin content. Therefore, in this environment at this time, organic white rice would be the best choice.