

# Rice

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Rice is widely consumed and is a staple food in many countries

## GEEK TALK

*Oryza sativa*

## BUT WE TALK

Arroz, Paddy, Nel & Chawal

## DID YOU KNOW?

Rice (Paddy), a cereal grain, is the most widely consumed staple food for a large part of the world's human population, especially in Asia and the West Indies.

It is the grain with the second-highest worldwide production, after maize. It provides more than one-fifth of the calories consumed worldwide by the human species.

The nutrition value of rice varies based on varieties such as white, brown, black, red and purple rice and also how the rice is polished or processed, the manner it is enriched, and how it is prepared before consumption.

Rice husk constitutes the largest by-product of rice milling has a considerable fuel value for a variety of possible industrial uses mostly as boiler fuel.

Rice bran is the most valuable by-product of the rice milling industry. It is obtained from the outer layers of the brown rice during milling. It is a very nutritional product containing a mixture of substances, including protein, fat, ash, and crude fiber.

It contains about 16% to 18% of oil and loaded with vitamin E components. It is exceptionally high in vitamin B, minerals, and essential fatty acids.

After the husk is removed the remaining product is called brown rice. Brown rice is more nutritious than white rice.

The protein in brown rice has one of the most complete essential amino acid profiles of any vegetable crop. The rice bran layer of brown rice also contains digestible fiber as well as minerals and vitamins not found in milled rice.

## KITCHEN PHARMACY

- Long used as a medicinal herb for digestion problems such as stomach aches and chest pains, mint also has many uses medicinally.
- Mint is believed to help reduce congestion due to its strong aroma and many say it helps asthmatics.
- Lastly, mint has even proven to be a quality insect repellent.

## RECIPES USING THIS INGREDIENT

