

RICE: FROM THE FIELD TO THE TABLE

Rice, a staple food for half the world's population, starts its life as a seed dangling from the stem of a rice plant.

UNMILLED RICE
has its seed coat

When rice is first removed from the plant, the seed still has a brown "coat" wrapped around it. Called unmilled rice, it is used as animal feed.

BROWN RICE
has a bran layer

After taking off the coat, a brown, bran layer remains. It contains essential fatty acids, vitamins and anti-oxidants but can cause the rice to develop off-colors and off-flavors.

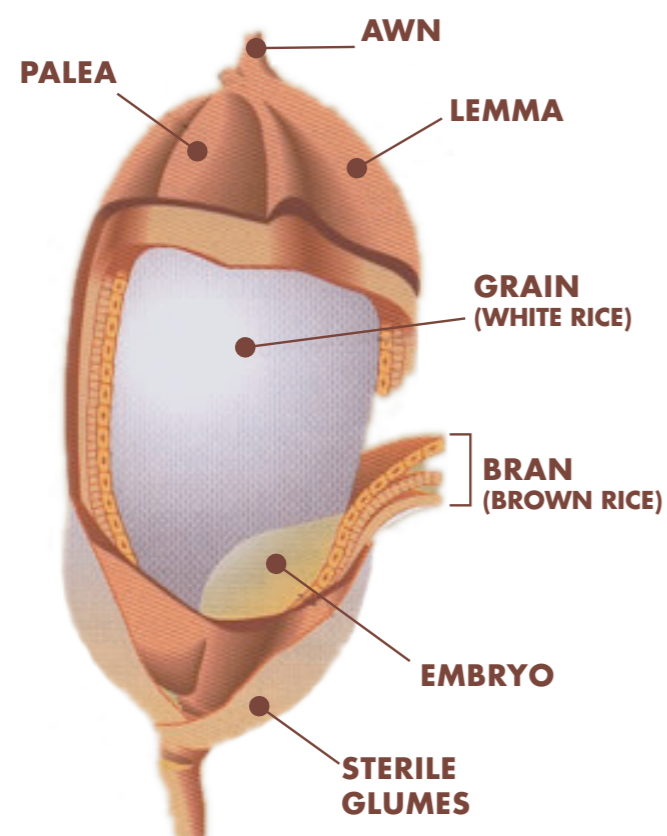
LONG GRAIN WHITE RICE

MEDIUM GRAIN WHITE RICE

The final milling step removes bran producing the starchy, white rice grain we often eat. Different types of white rice include short-, medium- and long-grain, instant, and the fragrant basmati and jasmine varieties.

INSTANT RICE

ANATOMY OF A RICE GRAIN



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