




EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health




The Rice is Right


When making your plate, choosing rice is a *no-grainer*. Rice is a low cost, staple food in many cultures and the base of many dishes around the world. There are various rice types, all with different sizes, tastes, textures, and nutrient profiles. Certain rice types, such as brown rice and wild rice are whole grains, meaning they contain three nutrient rich components called the germ (healthy fats), bran (fiber), and endosperm (energy). The removal of the germ and the bran through processing makes them refined. Read below to learn what rice types are available in the dining halls.




Brown rice is a whole grain that contains fiber, which helps you stay satiated. It is often described as chewier and nuttier than white rice. Try choosing brown rice next time you are at the stir-fry station.



White rice is a quickly and easily digestible energy source. It has a neutral flavor, making it easy to pair with other ingredients. Variations of white rice are often enriched, meaning some of the nutrients that were lost during processing are readded, but not to the original amount they once had. Pair this low fiber option with a high fiber food like beans.



Wild rice is similar in nutrients to brown rice. Like brown rice, it has a strong nutty flavor, chewy texture, along with a unique darker coloring. It is a flavorful mix often found in the dining hall within composed salads and soups.



Basmati and Jasmine rice are long-grain rice types known for their fragrant aromas. They have earthy, floral notes and can be found in both brown and white variations. In the dining hall, try basmati with tikka masala and jasmine with Thai coconut curry.

When you are making your plate, do not be afraid to *roll the rice* and try a new type. Rice is very versatile, so you can add it to anything you like. Don't forget that brown and wild rice are an easy way to incorporate whole grains for a balanced diet, ensuring that half of your grains are whole.

Broaden your ho-rice-ns

Authored By: Hannah Briggs

Reviewed By: Marina Vineis, MS, RDN- Dining Services

References: Rice Available at: <https://www.hsph.harvard.edu/nutritionsource/food-features/rice/> Accessed on: 2/21/23.

Nutritional constituents and health benefits of wild rice (*Zizania spp.*) Available at: <https://pubmed.ncbi.nlm.nih.gov/24684371/>

Brown Rice or White Rice: Which is Your Healthier Option? Available at: <https://health.clevelandclinic.org/brown-rice-or-white-rice-which-is-your-healthier-option/>

RUTGERS
Student Affairs

Dining Services

 / @rutgersdining
food.rutgers.edu

Questions? Like us on Facebook (RU Healthy Dining Team, Instagram (@ru_hdt), or email nutrition@dining.rutgers.edu.