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

References:
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