

Jirayu Paethongkam. (2023, March), Which Rice-Style is good for health? Fragrant Brown Rice VS Riceberry Rice : Gourmet & Cuisine : 272 : 74-75

Although “rice” is the first choice that lovers are polite Always thinking out of meals With the flour and sugar in the body, but in fact, there are many other options for rice. Appropriate for eating to benefit the body. Let's get to know 2 types of healthy rice that have different strengths. Whatever kind of nutrition, taste, and texture you want, choose.

New aromatic brown rice There will be a soft fragrance to the fullest. On the subject of nutritional value packed full of seeds Especially vitamin B1, high in fiber, helps the digestive system from unpolished rice as well. Suitable for health lovers and look for rice that helps control sugar Plus it comes with the taste of eating.

Riceberry It is well known that dark purple rice such as Riceberry rice. More special than just color because it is rich in anthocyanin, an antioxidant Skin nourishment, anti-aging. Zinc and vitamins which contributes to the maintenance of eyesight and nervous system Reduce the risk of diabetes, anemia and cancer. High fiber. Eat and stay pregnant. Plus, it has a soft, sticky texture that stands out from other rice varieties.

