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Brown rice

Brown rice is a whole grain rice with the inedible outer hull removed. This kind of rice sheds its outer hull or husk but the bran and germ layer remain on, constituting the brown or tan colour of rice. White rice is the same grain without the hull, the bran layer, and the cereal germ. Red rice, gold rice, and black rice (also called purple rice) are all whole rices with differently pigmented outer layers.

Brown rice	
Chinese name	
Chinese	糙米
Literal meaning	rough rice
Transcriptions	
Standard Mandarin	
Hanyu Pinyin	cāomǐ
Wade–Giles	ts'ao^{1}-mi^{3}
IPA	[tsʰáʊmì]
Yue: Cantonese	
Yale Romanization	chou3 mai5
Jyutping	cou3 mai5
Vietnamese name	
Vietnamese alphabet	*gạo lứt*
Thai name	
Thai	ข้าวกล้อง
Korean name	
Hangul	현미
Hanja	玄米
Transcriptions	
Revised Romanization	hyeonmi
Japanese name	
Kanji	玄米
Hiragana	げんまい
Transcriptions	

Cooking time

Brown rice generally needs longer cooking times than white rice, unless it is broken or flour blasted (which perforates the bran without removing it).[1] Studies in 2003 estimated a cooking time between 35 and 51 minutes.[2] A shorter cooking time is necessary for "converted" or parboiled rice.

Storage

Brown rice has a shelf life of approximately 6 months,[3] but hermetic storage, refrigeration or freezing can significantly extend its lifetime. Freezing, even periodically, can also help control infestations of Indian meal moths.

Nutrition

Cooked, long-grain brown rice is 70% water, 26% carbohydrates, 3% protein, and 1% fat. In a reference amount of 100 grams (3.5 oz), cooked brown rice supplies 123 calories of food energy, and is a rich source (20% or more of the Daily Value, DV) of manganese (36% DV) and moderate source (11-17% DV) of magnesium, phosphorus, niacin, and thiamine.

Arsenic

Arsenic is in the natural environment and may be present in common grains, such as brown rice.[6] Although rice may absorb arsenic more readily than other crops, rice remains as a staple of a well-balanced diet, particularly when fortified with micronutrients in infant rice cereal.[7]

Cooking brown rice in hot water can reduce the content of inorganic arsenic by 40-60%, although this cooking method also diminishes the content of micronutrients.[7]

In Vietnam

Brown rice is widely cultivated in Vietnam,[8][9] mainly in the northern and central provinces.[10][11] According to statistics from the Ministry of Agriculture and Rural Development, the area of brown rice cultivation in Vietnam in 2023 reached 150,000 hectares,[12][13][14] with a production of 1.2 million tons. Brown rice has high economic value and is popular in the market.[15][16] The price of brown rice is usually higher than white rice by 10-20%.[17][18]

Romanization	genmai
Filipino name	
Tagalog	*pinawà*
Nepali name	
Nepali	मार्सी चामल

Rice, brown, long-grain, cooked

Nutritional value per 100 g (3.5 oz)

Energy	514 kJ (123 kcal)
Carbohydrates	25.6 g
Sugars	0.24 g
Dietary fiber	1.6 g
Fat	0.97 g
Protein	2.74 g

Vitamins and minerals

Vitamins	**Quantity**	**%DV**†
Thiamine (B_1)	0.18 mg	15%
Riboflavin (B_2)	0.07 mg	5%
Niacin (B_3)	2.56 mg	16%
Pantothenic acid (B_5)	0.38 mg	8%
Vitamin B_6	0.123 mg	7%
Folate (B_9)	9 µg	2%

Minerals	**Quantity**	**%DV**†
Calcium	3 mg	0%
Copper	0.106 mg	12%
Iron	0.56 mg	3%
Magnesium	39 mg	9%
Manganese	0.974 mg	42%
Phosphorus	103 mg	8%
Potassium	86 mg	3%
Selenium	5.8 µg	11%
Sodium	4 mg	0%
Zinc	0.71 mg	6%

Other constituents	**Quantity**
Water	70.3 g

Link to USDA FoodData Central entry (https://fdc.nal.usda.gov/fdc-app.html#/food-details/169704/nutrients)

†Percentages estimated using US recommendations for adults,[4] except for potassium, which is estimated based on expert recommendation from the National Academies.[5]

Brown rice has great potential for development in Vietnam,[19][20][21] and could become a major export product.[22][23]

Gallery

African rice in its inedible husk *(seed rice, will sprout)*

The same rice, husked (whole **brown rice**) *(colour varies by variety)*

The same rice, with almost all bran and germ removed to make white rice

See also

- Brown rice tea
- Matta rice

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