

# Rice Guide

We use **long-grain white rice** as it's an affordable, convenient option and is the preferred rice type for most people. However, you can choose another option. Here are a few swaps and how they differ:



**\*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.**



## INSTANT

Boxed or pouches, cooks quickly but is slightly less flavorful and less firm



## BASMATI

Nutty/floral flavor, fluffy texture, slightly slower-digesting carbs



## JASMINE

Aromatic and slightly sticky, soft and tender texture



**\*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.**



## BROWN

Higher fiber, nutty earthy flavor, chewy texture, whole-grain,, longer cook time, more filling



## CAULIFLOWER

Moderate fiber, very mild flavor, soft texture, low-calorie, great way to add veggies to a dish. Consider adding another carb source



## QUINOA

High fiber, slightly nutty flavor, fluffy but slightly chewy texture, adds a bit of a protein boost



## WILD

Higher in fiber, earthy/nutty flavor, firm and chewy texture, technically a grass



## BULGUR

High fiber, nutty flavor, chewy texture, cooks quickly, whole-grain wheat



## COUSCOUS

Cooks faster and has a slightly granular texture compared to the fluffier, stickier texture of white rice, technically a pasta



## LENTILS

Very high fiber, earthy flavor, soft but slightly firm texture, adds protein and slow-digesting carbs

# White Rice Fact Sheet



Per ¼ cup dry rice

Calories	Fat	Protein	Carbs	Fiber	Cost
160	0	3	36	1	0.09

- White rice is **mostly carbohydrates**, which your body breaks down into glucose to fuel your brain, muscles, and daily activities.
- It's low fiber content makes white rice **easy to digest**, making it a good choice for sensitive stomachs or during digestive upset. Brown rice, which is often touted for its fiber, actually only has 1g.
- **Naturally gluten-free**, white rice is safe for people with celiac disease or gluten sensitivity.
- **Enriched** white rice often contains added thiamin (B1), niacin (B3), and folate (B9), which support energy production, brain health, and red blood cell formation.
- White rice **cooks faster** than most whole grains and can be used in a variety of meals, from stir-fries to soups to bowls.
- White rice tends to be a **more enjoyable and satisfying** texture as compared to whole grain which is more earthy and tough.
- White rice is **budget friendly**. Brown rice typically costs more: ~\$0.75–\$1.50/lb for brown vs. ~\$0.50–\$1.00/lb for white. Brown rice has more of its bran and germ intact, which makes it more perishable (shorter shelf life) and slightly more expensive to store and distribute.