

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:



Similar Swaps

*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

Other Options

*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 1/4 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.
- Its 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.