

Viewpoint — Brown, white, jasmine, or basmati: Which rice is the most nutritious?

The question of the “healthiest rice” usually pits two types of rice against each other – white and brown. And while one is often championed over the other, the answer really depends on what you’re looking for in your diet.

It’s true – brown rice does have [more fiber, fat and a touch more protein](#) than white rice because of the way it’s processed. Whole grains are made of three parts: the germ, bran and endosperm. Brown rice contains all of those parts, but manufacturers remove the germ and bran for white rice. If you’re looking to add more fiber to your diet, brown rice is a great way to do so.

Follow the latest news and policy debates on sustainable agriculture, biomedicine, and other ‘disruptive’ innovations. Subscribe to our newsletter.

[SIGN UP](#)

But in reality, all rice is going to be a healthy addition to your diet. For nutrition scientist Kera Nyemb-Diop, the question of the “healthiest rice” is one rooted in exclusion and harmful diet culture.

“If rice was the only food we were eating, it would make sense (to ask that) because we’re interested in having a balance of nutrients and fiber, so of course I would say brown rice is more complete,” says Nyemb-Diop. “But when you look at the reality, people eat meals.”

[**This is an excerpt. Read the original post here**](#)