It’s well known that whole grains have a positive impact on a person’s health, but few people actually get enough whole grains in their daily diets. Most Americans aren’t getting all the nutrients from whole or milled grains due to what they are choosing to eat. However, eating rice — whether in its whole grain or enriched form — is shown to have a positive impact on the health of not only adults, but also children. It has also been shown that the nutrient intake of rice consumers as a whole is much better than the average person.

The facts outline the positive health impacts of whole grains and rice, particularly in areas that impact cardiovascular disease — the leading cause of death of all Americans — along with the research that helped verify these attributes.
WHOLE GRAINS

According to the Whole Grains Council, a whole grain, such as brown rice or foods made from whole grains, is defined as containing all the essential parts and naturally occurring nutrients of the entire grain seed in their original proportions. To be considered as a whole grain any processed grains must still deliver the same nutrient intake as it would in its original form.1

In adults, whole grain consumption is associated with a reduced risk of obesity, type 2 diabetes, and cardiovascular disease (CVD).2

Contrary to belief, research found that whole grain intake did not affect body weight.3

THE IMPACT OF RICE CONSUMPTION

Rice is a staple for most of the world because of its abundance, value, and nutrient-density. It is naturally cholesterol- and gluten-free and provides a complex carbohydrate. Additionally, the inclusion of rice in the diet has other positive attributes, such as an association to reduction of cardiovascular disease and its risk factors, and it serves as a helpful tool for weight management.

CARDIOVASCULAR DISEASE

As the leading cause of death in Americans, cardiovascular disease (CVD) is a heightened concern. When considering the risk factors for CVD also impact many other health conditions, the concern elevates even higher. Rice consumption positively impacts CVD risk in several ways:

- Adult rice consumers tend to have a 42 percent lower risk of high blood pressure.4
- Men who eat rice were regularly associated with a 30 percent lower risk of coronary heart disease and heart failure.5
- Men who eat rice regularly were also associated with an 18 percent decrease in total cardiovascular disease.6
- The pigment of black rice includes antioxidant and anti-inflammatory properties that may reduce cardiovascular disease risk.7

Rice in the adult diet is associated with a reduction of cardiovascular disease and its risk factors.
Adult rice consumers tend to gain less weight and have higher satiety than non-rice consumers.

WEIGHT MANAGEMENT

Rice consumption can help adults concerned with weight management. Rice consumers show improved satiety, less weight gain, and do not have a higher risk of metabolic syndrome than non-rice consumers.

When looking at both white and brown rice and comparing it to a glucose beverage of comparable calories, research found that both types of rice provided increased satiety. Additionally, both white and brown rice also decreased feelings of hunger more than the beverage.

Rice consumers are associated with less weight gain and not at all associated with the risk of metabolic syndrome.
Much like adults, children who eat rice have a better diet quality than those who don’t. That may not be surprising if you think of brown rice, but the same holds true for white rice. Because meals that include rice typically include a protein and vegetables, rice becomes a staple for healthful family eating.

**WHOLE GRAINS**

The USDA recommends half of all grains consumed as whole grains, however, Americans of every age do not consume enough whole grains within their diets. Grain consumption in children is primarily through highly refined grains that contain added sugar and fats. By incorporating whole grains, such as brown rice, the quality of nutrients in children’s diets would increase significantly.

**THE IMPACT OF RICE CONSUMPTION**

While family meals made with rice tend to be more balanced, it’s important to note that for children it did not matter if the rice was brown or white. The positive attributes of rice consumption were associated with both types of grains.

- Overall consumption of rice improved diet quality and nutrient intake.
- Rice consumption did not affect weight in children.

**KEY MESSAGES FOR CONSUMERS**

- Adult rice consumers were associated with less weight gain, decreased blood pressure and have lower risk factors for CVD.
- Men who eat rice tend to have a lower risk of CVD.
- Whether children are eating brown or white rice, the associations of positive impact of nutrient intake and diet quality is the same.

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**Children who eat rice—whether brown or white—have better diets than those who don’t.**