

## WHITE RICE VS. BROWN RICE

“What’s better brown or white rice? Is white rice okay to eat? Does it have fiber? Should I avoid white rice, or rice all together?” These are examples of questions that I get at least weekly in talking to people who want to improve their nutritional intake. I would like to shed some light on the rice subject.

The process that produces brown rice removes only the outermost layer, the hull, of the rice kernel and is the least damaging to its nutritional value. The complete milling and polishing that converts brown rice into white rice destroys 67% of the vitamin B3, 80% of the vitamin B1, 90% of the vitamin B6, half of the manganese, half of the phosphorus, 60% of the iron, and all of the dietary fiber and essential fatty acids. Fully milled and polished white rice is required to be "enriched" with vitamins B1, B3 and iron.

The difference between brown rice and white rice is not just color! A whole grain of rice has several layers. Only the outermost layer, the *hull*, is removed to produce what we call brown rice. This process helps preserve some of the nutritional value of the rice and avoids the unnecessary loss of nutrients that occurs with further processing. If brown rice is further milled to remove the bran and most of the germ layer, the result is a whiter rice, but also a rice that has lost many more nutrients. At this point, however, the rice is still unpolished, and it takes polishing to produce the white rice we are used to seeing. Polishing removes the *aleurone layer* of the grain—a layer filled with health-supportive, essential fats. Because these fats, once exposed to air by the refining process, are highly susceptible to oxidation, this layer is removed to extend the shelf life of the product.


The resulting white rice is simply a refined starch that is largely bereft of its original nutrients.

By law in the United States, fully milled and polished white rice must be "enriched" with vitamins B1, B3, and iron. But the form of these nutrients when added back into the processed rice is not the same as in the original unprocessed version, and at least 11 lost nutrients are not replaced in any form even with rice "enrichment." This tells me that white rice is not the best thing in the world, but I definitely wouldn't beat myself up for eating it occasionally.

Rather than thinking of white rice as bad or sub-par, I like to think of brown rice as bringing more to the table (pun intended). Here are some of the most exiting health benefits and facts about brown rice.

**Women who eat whole grains tend to weigh less.** A study published in the *American Journal of Clinical Nutrition* underscores the importance of choosing whole grains such as brown rice rather than refined grain, i.e., white rice, to maintain a healthy body weight. In this Harvard Medical School / Brigham and Women's Hospital study, which collected data on over 74,000 female nurses aged 38-63 years over a 12 year period, weight gain was inversely associated with the intake of high-fiber, whole-grain foods but positively related to the intake of refined-grain foods. Not only did women who consumed more whole grains consistently weigh less than those who ate less of these fiber-rich foods, but those consuming the most dietary fiber from whole grains were 49% less likely to gain weight compared to those eating foods made from refined grains.

**Significant cardiovascular benefits for post menopausal women.** Eating a serving of whole grains, such as brown rice, at least 6 times each week is an especially good idea for postmenopausal women with high cholesterol, high blood pressure or other signs of cardiovascular disease (CVD). A 3-year prospective study of over 200 postmenopausal women with CVD, published in the *American Heart Journal*, shows that those eating at least 6 servings of whole grains each week experienced both slowed progression of atherosclerosis, (the buildup of plaque that narrows blood vessels) and less progression in stenosis (the narrowing of the diameter of the arterial passageways). The women's intake of fiber from fruits, vegetables and refined grains was *not* associated with a lessening in CVD progression.

Is brown rice the answer to all of your health and fitness goals? Is it the magic food that will cure all of your ailments? No. But it is a healthy food that can give you energy, and along with other nutrient dense foods and exercise it should probably have a place in your life. 

### References:

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# SUCCESS VS. FAILURE

What sets those who succeed apart from those that repeatedly fail? Why do some people who are trying to get healthy, fit, lose weight, gain weight, and tone muscles end up failing while others succeed? Well, honestly there are quite a few things that need to come together for a health and fitness goal to be achieved. Being educated is one of the most important attributes in achieving fitness goals like losing weight and getting stronger. You've got to know the basics at the very least.

Knowing the difference between good and bad information, which information applies to your situation, and what information was intended for someone else is crucial, but it isn't enough. You've got to have the right exercise form and workout at the right intensity to see results, but that alone isn't enough to make it happen. You've got to know how to cook and eat nutritious meals and limit saturated fat and simple sugars from your diet, but even that doesn't guarantee success. So what does it take?

I'm talking about having the right mindset, believing that you can achieve what you set out to do. That's what sets apart those who succeed from those who fail. It's easy to pack it up and quit if you don't believe it's really going to happen anyway. Science and experience tells us the right methods to reach health and fitness goals. It works. Countless people have made the trans-

formation. What do they all have in common? They stuck with the changes long term, because they believed that they could do it. Let me give you an example to put the power of your mind in perspective.

Have you ever been to the circus and seen the performing elephants? Did you notice that they are chained to small stakes that they could easily break away from. I always wondered why they didn't just break the chain with their strength and go free. The reason, is that when they were baby elephants they were tied to those same stakes, but try as they might they could never break free. As baby elephants, they weren't strong enough. Through that experience they learned and actually came to believe that they are not strong enough to break the chains and go free. We as outsiders can see that an 8,000lb. elephant could easily break the chains, so why don't they? They believe that they aren't strong enough to escape.

The belief that you can achieve something is the limiting factor. Yes, all the other pieces need to be in place, but if you don't believe you can do it, you're right. We all have the ability to achieve anything we want, but when you truly believe that something won't work you end up setting roadblocks to your own success, actually finding ways to fail.

When we set out to achieve a

fitness goal, hopefully we have planned to get there by meeting certain criteria. Let's say the goal is to lose %5 body fat to help lower your cholesterol and reduce stress on your heart. Hopefully you would plan to get there through eating right and exercising regularly with a concern for muscle development. You plan your meals, get a customized program and learn how to do the exercises safely from a personal trainer.

At first, it sounds like a pretty good plan, it seems like all of the elements for success are there, but what is missing? Nothing is missing if you want it and you believe you can do it. When it's a question of when it's going to happen rather than if it's going to happen, you are setting yourself up for success. You will make decisions that lead you to the body you want, rather than sabotaging your efforts through making bad decisions.

Almost everyone that succeeds in fitness has most, if not all of the right elements in place to do so. They've learned everything they need to know on their own, or have learned from a good personal trainer. They eat healthy and nutritious foods. They perform the right amount of exercise and do it safely. Not everyone who succeeds in fitness always believed they could do it, but everyone who failed at one time or another believed that they couldn't do it.



## NOVEMBER RECIPE LOW-FAT AMARETTO PUMPKIN PIE

1 cup amaretti cookie crumbs (about 32 large cookies)  
1 egg white, lightly beaten  
Vegetable cooking spray  
2 cups unsweetened canned pumpkin  
1 1/3 cups 2% low-fat milk  
1/2 cup firmly packed brown sugar  
1 tablespoon all-purpose flour  
3 tablespoons amaretto  
1/2 teaspoon salt  
1 1/2 teaspoons ground cinnamon  
1 1/2 teaspoons vanilla extract  
1/4 teaspoon ground ginger  
1/4 teaspoon almond extract  
2 egg whites, lightly beaten and 1 egg

### Preparation:

Combine crumbs and 1 egg white in a bowl; toss with a fork until moistened. Firmly press into bottom and up sides of a 9-inch pie plate coated with cooking spray. Bake at 375° for 10 minutes; let cool on a wire rack. Combine pumpkin and remaining ingredients in a large bowl; stir with a wire whisk until smooth. Pour pumpkin mixture into prepared crust. Bake at 375° for 45 minutes or until a knife inserted in center comes out clean; let cool completely on a wire rack. Yields 8 servings

### Nutritional Information

CALORIES 170(14% from fat); FAT 2.6g (sat 0.8g,mono 0.5g,poly 0.2g); PROTEIN 3.2g; CHOLESTEROL 30mg; CALCIUM 87mg; SODIUM 207mg; FIBER 2.6g; IRON 1.4mg; CARBOHYDRATE 29.1g

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