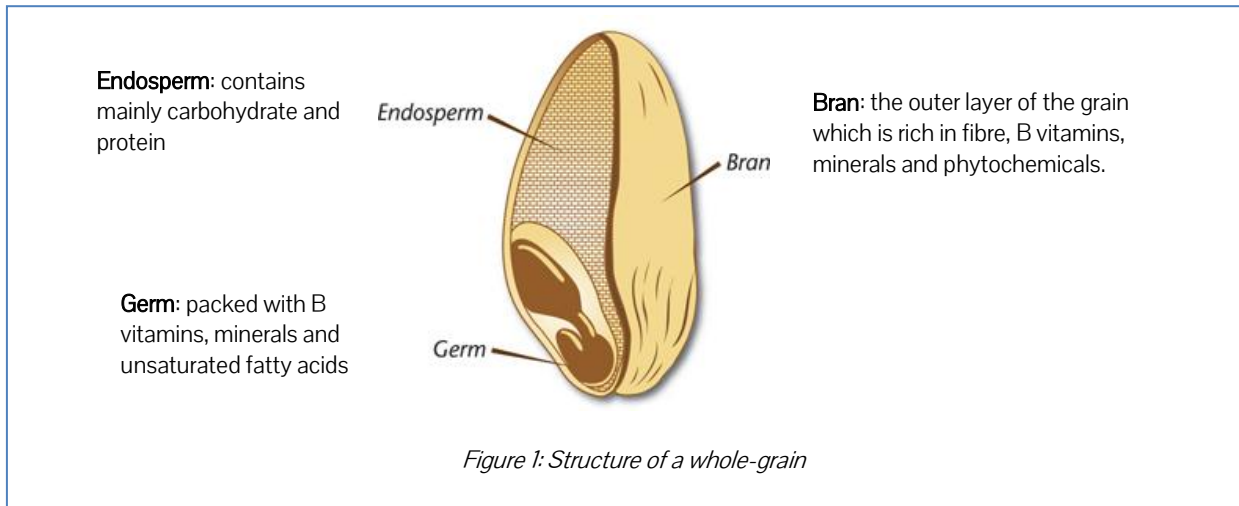


AceNuwara Red Basmathi Rice – “Grainy Goodness”

All the Goodness of AceNuwara Red Basmathi Rice

AceNuwara Red Basmathi Rice is a whole-grain rice which is mildly polished, as opposed to White Basmathi rice (Fully polished). This ensures that the bran, germ and endosperm are still intact.



A comparison of the nutrient composition of Red Basmathi rice, polished white rice, unpolished rice (brown rice) rice are shown in Table 1. Red basmathi rice contains a plethora of vitamins and minerals, is lower in total calories, carbohydrates and sodium compared to polished white rice and unpolished rice. It is trans-fat free, cholesterol and gluten free. The dietary fibre content of red basmathi rice is higher than polished white rice and unpolished rice varieties. Eating more whole-grains is healthier, as it has been shown to reduce the risk of developing heart diseases, diabetes and certain cancers.

Besides the wholesome goodness from its bran and germ, AceNuwara Red Basmathi rice is characterised by its distinctive red-colour pigment ANTHOCYANIN present in the bran. It is a source of PHENOLIC COMPOUNDS and ANTIOXIDANTS, which confers several health benefits by fighting the free radicals (harmful chemicals) in our bodies. Antioxidants are substances that may prevent or delay some types of cell damage. Hence, rice, a staple in this region, can also function as an additional source of phytochemicals which are more commonly found in fruits and vegetables. The total anthocyanin content (TAC) and the total phenolic content (TPC) of the AceNuwara red basmathi rice were tested in an accredited laboratory.

Table 1: Nutrient composition of Red Basmathi rice versus polished rice

#	Nutrient Information	Red Basmathi Rice (per 100g)	Polished White Rice (per 100g)	Unpolished Rice (per 100g)
1	Energy (kcal)	347↓	349	359
2	Protein (g)	7.8↑	7.1	7.3
3	Total Fat (g)	2.1	0.5	2.5
4	Saturated Fat (g)	0.6	0.1	0.7
5	Trans Fat (g)	0	0	0
6	Cholesterol (mg)	0	0	0
7	Carbohydrates (g)	74.2↓	79	76.9
8	Total Sugars (g)	0	0	0
9	Dietary Fibre (g)	3.4↑	0.4	1.0
10	Sodium (mg)	0.89↓	22	54
11	Potassium (mg)	247.6↑	31	59
12	Calcium (mg)	10.5	11	53
13	Phosphate (mg)	931.5↑	118	195
14	Iron (mg)	0.89	1.4	4.4
15	Zinc (mg)	1.95	0.0	21
Antioxidant Capacity				
16	Total Anthocyanin Content (TAC) (mg)	10	-	-
17	Total Phenolic Content (TPC) (mg)	21.02	-	-

Generally, rice has a reputation for being a high-GI food, based on the effect that it has on blood sugar levels. In contrast to this, AceNuwara Red Basmathi rice has a LOW GLYCEMIC INDEX (GI) (Refer to Glycemic Index - AceNuwara Red Basmathi Rice.pdf), which makes it suitable for diabetics and the health conscious consumers. Table 2 compares the GI values of several types of rice. The slow release of glucose in the blood after consumption of the red rice reduces the risk of metabolic diseases (eg: diabetes and obesity), cardiovascular diseases and certain types of cancer.

Table 2: Descending GI values of several types of rice

Type of rice	GI Value ¹	Category ²
White rice, medium-grain	75-89	High GI
White rice, long-grain	64-76	Medium-High GI
Brown rice	62-87	Medium-High GI
Red Basmathi Rice	55	Low GI

¹All GI values are obtained from the University of Sydney GI Database, except that of Red Basmathi rice which was tested by Temasek Polytechnic's Accredited Glycemic Index Research Unit.

²Low GI (≤ 55), Medium GI (56-69), High GI (≥ 70)



AceNuwara Red Basmathi Rice- ‘Helps us to explore outside the traditional white rice bowl’

AceNuwara Red Basmathi Rice is the rice variety that can lend itself to be incorporated in multi-ethnic cuisines and also tastes great when eaten on its own. AceNuwara Red Basmathi rice is a good vehicle for incorporating vegetables, fish, meat, as well as fresh and dried fruit. Even fussy eaters will not hesitate to try the great tasting recipes. – Visit AceNuwara Red Basmathi Rice Recipes on <http://acenuwara.com/healthy-recipes/>

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