


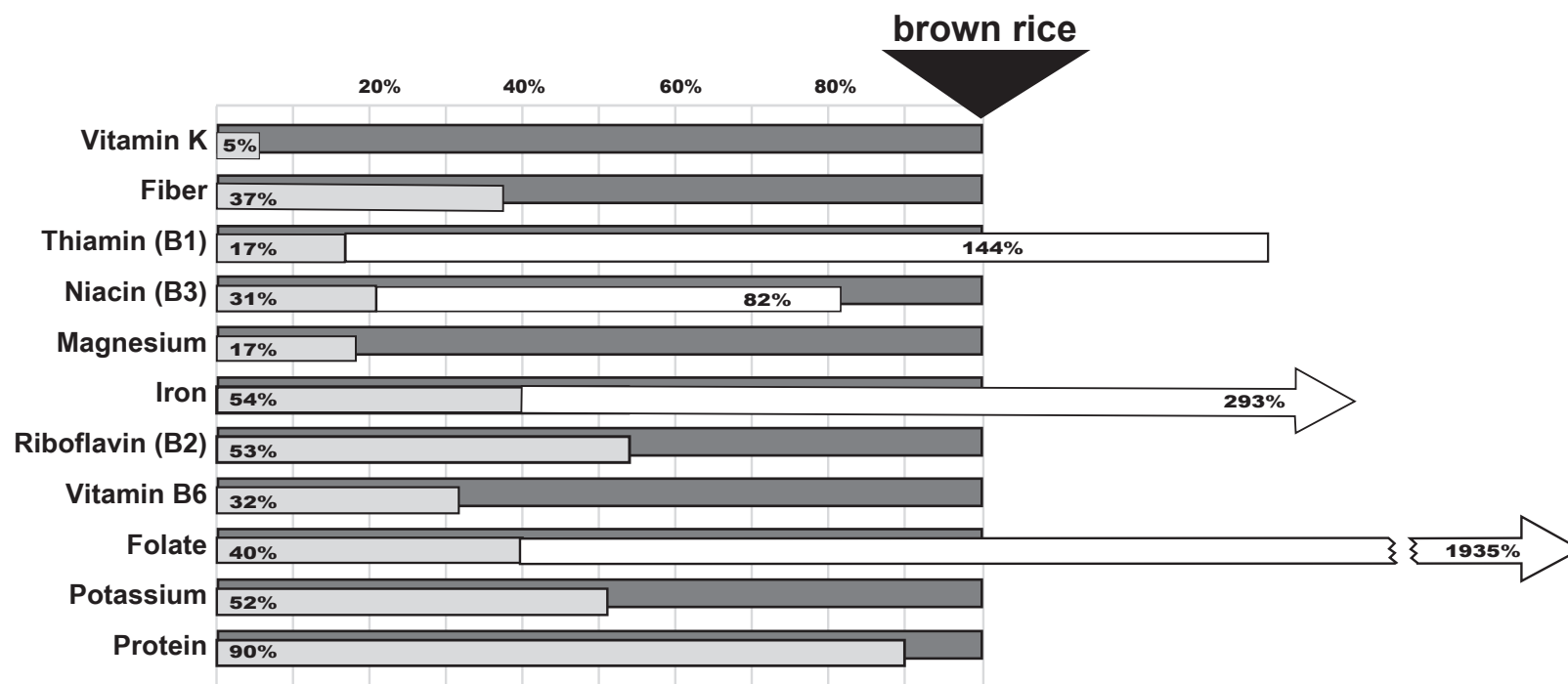


Nutrients in Rice: Whole, Refined and Enriched

Refining rice removes many nutrients, including those listed here. Enriching replaces four nutrients.

-  **Brown rice** starts with 100% of the nutrients Mother Nature intended it to have, as represented by the dark bars here.
-  Refined White Rice, missing the bran & germ, loses almost all (Vitamin K) or much of certain nutrients.
-  Enriched Rice adds back just four of these nutrients, in amounts different from their original levels.



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