

Red Rice & Black Rice

Nutrition, Health Benefits & Healthy Recipes

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This booklet includes:

- Introduction to Red Rice
- Introduction to Black Rice
- Health Benefits of Red & Black Rice
- Healthy Recipes using Red & Black Rice
- Nutritional Comparison (White Rice vs Red Rice vs Black Rice)
- Cooking Tips for Whole Grain Rice



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RED RICE

A Nutri tious Traditonal Whole Grain

Red rice is a traditional whole grain rice that gets its natural red color from the pigment anthocyanin present in the bran layer. Unlike polished white rice, red rice retains its bran and germ layers, making it more nutritious and healthier. It is widely consumed in many parts of Asia and is known for its rich flavor, high fiber content, and health benefits.



Nutritional Value (Per 100 g Cooked Red Rice)

	Energy		110 kcal
	Carbohydrates		23 g
	Protein		2.5 g
	Dietary Fiber		1.8 g
	Iron		0.8 mg
	Magnesium		43 mg
	Antioxidants		High

BLACK RICE

The Ancient Superfood

Black rice is a traditional whole grain rice known for its deep black or dark purple color. The color comes from natural plant pigments called **anthocyanins**, which are powerful also found in foods like blueberries and purple grapes.

In ancient China, black rice was known as '**Forbidden Rice**' because it was reserved only for royalty due to its high nutritional value.

Today, black rice is recognized worldwide as a **superfood** because of its exceptional health benefits.



Nutritional Value

(Per 100 g Cooked Black Rice)



Why Black Rice is Called a Superfood

- ✓ High antioxidants
- ✓ Good protein content
- ✓ Essential minerals
- ✓ Dietary fiber
- ✓ Natural plant compounds that protect health

Compared to white rice, black rice provides more nutrients and stronger health benefits.

Health Benefits of Red Rice & Black Rice

Nutrient-Rich Traditional Whole Grains

Red rice and black rice are traditional whole grains packed with nutrients, fiber, antioxidants, and essential minerals. These rice varieties provide several health benefits and are healthier alternatives compared to polished white rice.



- Rich in dietary fiber – improves digestion and supports gut health



- High in antioxidants – protects cells from damage



- Supports heart health – helps reduce bad cholesterol (LDL)



- Helps control blood sugar – lower glycemic index than white rice
- Good for people with diabetes when consumed in balanced portions



- Helps in weight management – fiber keeps you full longer
- Helps maintain healthy body weight



- Rich source of iron – supports healthy blood formation



- Provides essential minerals like magnesium and zinc



- Supports immune system function



- Promotes healthy skin and slows aging effects



- Improves energy levels due to complex carbohydrates



- Supports liver health, especially black rice



- Helps reduce inflammation in the body



- Supports healthy metabolism



- Improves bone health due to mineral content



- Helps maintain healthy cholesterol levels



- Supports brain health and cognitive function



- Naturally gluten-free food option



- Promotes healthy gut bacteria (prebiotic fiber)



- Helps detoxify the body naturally



- Supports healthy blood pressure regulation



Nutrient-dense whole grain compared to white rice



Traditional and natural food choice for a healthy lifestyle

Healthy Recipes Using Red Rice & Black Rice

Nutritious Traditional Dishes

Healthy Red Rice Recipes



Red Rice Vegetable Pulao

Red rice cooked with mixed vegetables, spices, and herbs



Red Rice Chicken Biryani

A healthier biryani made using red rice



Red Rice Idli

Fermented batter of red rice and urad dal steamed into idlis



Red Rice Dosa

High-fiber dosa made from red rice batter



Red Rice Lemon Rice

Cooked red rice mixed with lemon juice, mustard seeds, curry leaves, and peanuts



Red Rice Pongal

Red rice cooked with moong dal, ginger, pepper, and ghee



Red Rice Upma

Broken red rice cooked with vegetables and spices



Red Rice Salad

Red rice mixed with cucumber, tomato, onion, olive oil, and lemon juice



Red Rice Vegetable Khichdi

Red rice cooked with lentils and vegetables



Red Rice Sweet Payasam

Red rice cooked with milk, jaggery, and cardamom

Healthy Black Rice Recipes



Black Rice Kheer

Black rice cooked slowly with milk, jaggery, and cardamom



Black Rice Vegetable Fried Rice

Stir-fried black rice with vegetables and garlic



Black Rice Chicken Bowl

Black rice served with grilled chicken and vegetables



Black Rice Vegetable Buddha

Black rice with roasted vegetables, avocado, and nuts



Black Rice Lemon Rice

Lemon-flavored black rice with mustard seeds and curry leaves



Black Rice Sweet Porridge

Black rice cooked with coconut milk and jaggery



Black Rice Vegetable Khichdi

Black rice cooked with lentils and vegetables



Black Rice Sushi

Sushi rolls made using black rice



Black Rice Salad

Black rice mixed with bell peppers, cucumber, and lemon dressing



Black Rice Payasam

Traditional dessert prepared with black rice, coconut milk











Nutritional Comparison

White Rice vs Red Rice vs Black Rice



Nutritional Comparison

(Per 100 g Cooked Rice)

Nutrients	White Rice	Red Rice	Black Rice
 Calories	~130 kcal	~110 kcal	~120 kcal
 Carbohydrates	28 g	23 g	25 g
 Protein	2.4 g	2.5 g	3.5 g
 Dietary Fiber	0.4 g	1.8 g	2.1 g
 Iron	0.2 mg	0.8 mg	1.5 mg
 Magnesium	Low	Moderate	High
 Antioxidants	Very Low	Moderate	Very High
 Glycemic Index	High	Medium	Low
 Processing	Highly polished	Semi-polished / whole grain	Whole grain
 Health Value	Basic energy	Healthy whole grain	Superfood

Tip for Cooking Red & Black Rice



- Soak rice for 30–60 minutes before cooking
- Use 1 cup rice : 2–2.5 cups water
- Cooking time 30–40 minutes

* This helps improve texture, taste, and digestion.

