

Food Group: Cereal Grains and Pasta		Rice, white, medium-grain, cooked, unenriched	Rice, brown, medium- grain, cooked
Common Name:			
Nutrient	Unit	1Value per 100 g	1Value per 100 g
Proximates			
Water	g	68.61	72.96
Energy	kcal	130	112
Energy	kJ	544	469
Protein	g	2.38	2.32
Total lipid (fat)	g	0.21	0.83
Ash	g	0.21	0.39
Carbohydrate, by difference	g	28.59	23.51
			1.8
Minerals			
Calcium, Ca	mg	3	10
Iron, Fe	mg	0.2	0.53
Magnesium, Mg	mg	13	44
Phosphorus, P	mg	37	77
Potassium, K	mg	29	79
Sodium, Na	mg	0	1
Zinc, Zn	mg	0.42	0.62
Copper, Cu	mg	0.038	0.081
Manganese, Mn	mg	0.377	1.097
Vitamins			
Vitamin C, total ascorbic acid	mg	0	0
Thiamin	mg	0.02	0.102
Riboflavin	mg	0.016	0.012
Niacin	mg	0.4	1.33
Pantothenic acid	mg	0.411	0.392
Vitamin B-6	mg	0.05	0.149
Folate, total	µg	2	4
Folic acid	µg	0	0
Folate, food	µg	2	4
Folate, DFE	µg	2	4
Vitamin B-12	µg	0	0
Vitamin A, RAE	µg	0	0
Retinol	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0	0
Vitamin D	IU	0	0
Lipids			
Fatty acids, total saturated	g	0.057	0.165
Fatty acids, total monounsaturated	g	0.065	0.3
Fatty acids, total polyunsaturated	g	0.056	0.296

Cholesterol	mg	0	0
Amino Acids			
Tryptophan	g	0.028	0.03
Threonine	g	0.085	0.085
Isoleucine	g	0.103	0.098
Leucine	g	0.197	0.191
Lysine	g	0.086	0.088
Methionine	g	0.056	0.052
Cystine	g	0.049	0.028
Phenylalanine	g	0.127	0.119
Tyrosine	g	0.08	0.087
Valine	g	0.145	0.136
Arginine	g	0.198	0.175
Histidine	g	0.056	0.059
Alanine	g	0.138	0.135
Aspartic acid	g	0.224	0.217
Glutamic acid	g	0.464	0.472
Glycine	g	0.108	0.114
Proline	g	0.112	0.109
Serine	g	0.125	0.12