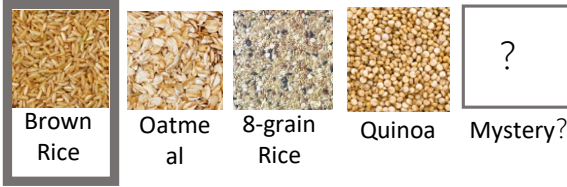


Nutrition Column

One Grain Per Month

White Rice Alternatives



What is Brown Rice?



- Brown rice keeps the bran.
- Compared to white rice, it has more fiber, Vitamin B12, and healthy fatty acids.
- It helps to prevent heart diseases, manage blood sugar, and promote digestion.

How to prepare brown rice?



- Softly rub the rice when washing them.
- Soak the rice in water for 4 hours before cooking.
- When using rice cooker to prepare rice, use ½ more water and ½ more time.

Healthy Burdock One-pot Rice

Materials

- Brown Rice 1 cup
- Burdock, diced 1 cup
- Pea ½ cup
- Carrot, diced ½ cup
- Sesame 1 pinch
- Soy Sauce 3 tbsp.
- Sesame Oil 1 tbsp.
- Water 1.5 cup

Steps

1. Put brown rice, burdock, pea, carrot, soy sauce and water in the rice cooker.
2. Cook for 40-45 mins or choose the brown rice option.
3. After rice is cooked, sprinkle sesame oil and sesame.
4. Mix well and serve!

This article was written by Dietitian Sophia Ding. If you have any questions, please call 617-357-0226 ext 201

Nutrition Column

One Grain Per Month

White Rice Alternatives



What is Oat?



- Oat is a type of whole grains.
- It was ranked as ten most healthy food from the *Time Magazine*.
- Oat is rich in fiber. It helps to improve gut health, lower cholesterol, prevent cardiovascular diseases, and helps to manage blood sugar.

Different Types of Oat Product



Steel Cut



Traditional



Instant

Oat: Water = 1:3
Cook in boiled water/milk for 10-20 mins
Pro: Rich in Fiber
Con: Long Cooking time

Oat: Water = 1:2
Cook in boiled water/milk for 5 mins OR microwave for 2-3 mins
Pro: Shorter cooking time

Pour in hot water OR microwave with cold milk for 2 mins
Pro: Fast
Con: Lost Fiber

Super Easy: Overnight Oatmeal

Ingredients

Half cup Traditional Oat
Half cup Greek Yogurt
Half cup milk of choice

Steps

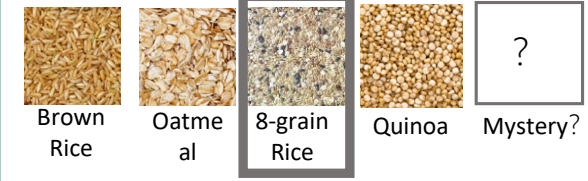
1. Combine all ingredients, stir well
2. Put in fridge overnight
3. Enjoy the next day
4. Can add fresh fruits/nuts

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Nutrition Column

One Grain Per Month

White Rice Alternatives



What is 8-grain rice?



- 8-Grain Rice consists of different whole grain rice.
- It does not have to only have 8 grains. Sometimes it has 8 to 10 different grains.
- Common grains included are Barley, maple rice, brown rice, red wheat, purple barley, black rice, red rice, rice.

How to choose 8-grain rice with the most amount of fiber?

There are many kinds of 8-grain rice. It can be hard to tell by the name which ones are better. It is important to read the nutrition facts label to determine which one is better for our health.

Nutrition Facts

Serving Size 10 oz.	
Serving Per Container 5	
Amount Per Serving	
Calories 200	Calories From Fat 200
% Daily value*	
Total Fat 10 g	35%
Saturated Fat 1.5g	11%
Trans Fat 0.0 g	
Cholesterol 0 mg	1%
Sodium 210 mg	15%
Total Carbohydrate 15 g	3%
Dietary Fiber 2 g	3%
Sugars 3 g	
Protein 30 g	
Vitamin A 3%	Vitamin C 3%
Calcium 6%	Iron 6%

Focus on: Carbohydrate Fiber

With the same or similar amount of carbohydrates, the ones with more fiber are better.

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One Grain Per Month

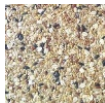
White Rice Alternatives



Brown Rice



Oatmeal



8-grain Rice



Quinoa



Mystery?

What is Quinoa?



- Quinoa is a type of pseudograin. It is a good choice of whole grains.
- It is a close kin to spinach and beet root.
- It is originated in Chile, Bolivia, and Peru and is a stable

Why is Quinoa a healthy choice?

Every cup of cooked quinoa contains 8g of Protein and 5g of Fiber. It contains 4 grams more protein and fiber than white rice, and 3 grams more protein and 1 gram more fiber than brown rice.

How to prepare Quinoa?

Quinoa can be a good substitution to white rice, used as fried "rice", and mixed in salads.

Ingredients:

- 1 cup Quinoa (uncooked)
- 2 cups Water (use 2 part water for every part quinoa)
- ¼ teaspoon salt

Steps:

- Rinse the quinoa and drain
- Mix quinoa and water in a saucepan, bring to boil.
- Reduce heat to keep the mixture to simmer until the quinoa has absorbed all the water. About 10-20 mins.
- Turn off heat. Let it sit for 5 mins.
- Use fork to fluff.



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One Grain Per Month

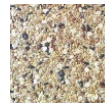
White Rice Alternatives



Brown Rice



Oatmeal



8-grain Rice



Quinoa



Mystery?

Cauliflower can be turned into rice?



- Cauliflower belongs to a family of plants called Cruciferous Vegetables. They are packed with antioxidants and are low in carbohydrates.
- Riced Cauliflower can be a great rice substitute to swap out the rice in dishes like fried rice to decrease overall carbohydrate intake.

1 bowl of white rice = 40g Carbohydrates
1 bowl of riced cauliflower = 15 g Carbohydrates

How to make riced Cauliflower?



Grater



Blender



Chop with knives

The goal is to make the cauliflower into small pieces similar to rice.
Freshly riced cauliflower can be stored in fridge for 4 days, and in freezer for 2 months.

If you want to learn how to make Cauliflower fried "rice", scan the QR code to watch the video.



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