

# What are the effects of different types of rice?

## Detail Introduction :

Rice is one of the staple foods of the Chinese. Rice is rich in nutrients. It has the functions of invigorating the spleen and stomach, nourishing the qi, strengthening the five internal organs, promoting blood circulation, improving ears and eyesight, relieving cough and relieving diarrhea. It has many benefits to health.

The main types of rice are japonica rice, glutinous rice, brown rice, etc. Rice Production Line can produce many types of rice. Different types of rice have different tastes and main functions. So, what are the effects of different types of rice? The following describes the different effects of different types of rice.



## 1. Nourishing japonica rice

Japonica rice contains essential nutrients such as protein, starch, fat, vitamin B1, vitamin C, calcium, iron, and potassium, which can provide the human body with the energy and nutrition it needs. It is very good to cook porridge with japonica rice. It not only tastes good, but also has the effect of maintaining health and prolonging life. It is very suitable for patients, pregnant women and the elderly.

Japonica rice has the functions of invigorating the spleen and stomach, invigorating the qi, eliminating irritability and thirst, strengthening the intestines and relieving diarrhea.

It can be used for people with symptoms such as weak spleen and stomach, easy irritability and thirst, malnutrition, frailty, and other symptoms, but diabetic patients should not eat more.

## 2. Detoxification of glutinous rice

Glutinous rice contains protein, fat, carbohydrates, vitamin B2, starch, calcium, phosphorus, iron and potassium, and other nutrients. The carbohydrates are relatively high, and the calories are much higher than general grains. It is classified as a top-notch nutrition. Glutinous rice is sweet and flat, can warm the spleen and stomach, replenish the qi, have a certain relieving effect on the deficiency and cold of the spleen and stomach, stimulate appetite, abdominal distension and diarrhea. It is a good detoxification product.

### 3. Barley beauty

The nutritional value of barley is very high. The barley contains protein, fat, carbohydrates, crude fiber, minerals calcium, phosphorus, iron, vitamin B1, vitamin B2, niacin, starch, coixan ester, coix seed oil and other nutritional ingredients and essential human body Eight kinds of amino acids. Among them, the content of protein, fat, and vitamin B1 is much higher than that of rice. Because it is rich in nutrition, it is a suitable food for all ages.

Barley is sweet and light in taste, slightly cold, has the effects of invigorating the spleen, nourishing lungs, and clearing away heat.



It has clinical effects such as dispelling rheumatism, strengthening muscles and bones, replenishing qi, and improving intestines and stomach, diuresis, and reducing edema. Coix seed is a daily nourishing and beautifying product for middle-aged and elderly people, and it has the functions of eliminating heat and dampness, reducing swelling and thickening, and strengthening the spleen.

### 4. Black rice nourishes the kidney

Black rice contains protein, fat, B vitamins, calcium, phosphorus, iron, zinc and other substances, and its nutritional value is higher than ordinary rice. It is conducive to the development of children's bones and can promote the recovery of pregnant women and the weak after illness, and can also increase the content of human hemoglobin and hemoglobin.

Black rice has the effects of replenishing qi and strengthening the body, nourishing yin and kidney, invigorating the spleen and appetite, and replenishing the liver and eyesight.

It is a good nourishing product for anti-aging beauty and physical fitness. Regular consumption of black rice has great benefits to the body. As black rice is not easy to boil, it should be soaked before cooking. It is suitable for people with weak digestive function and poor gastrointestinal tract.

## 5. Brown rice helps digestion

Brown rice contains more protein, fat, and vitamins than polished white rice. Brown rice is more nutritious than polished white rice. It can lower cholesterol and reduce the risk of heart attack and stroke. The dietary fiber molecules in brown rice help gastrointestinal peristalsis. They are effective for gastrointestinal conditions such as stomach disease, constipation, hemorrhoids, and help digestion.

The above are a few common types of rice and their respective effects.

After reading it, everyone also understands this. When you eat rice, you can choose according to your condition. The rice processed and produced by the Rice Production Line is of very high quality and can be eaten with confidence.