



rice, brown

Total Nutrients Score **123**

Rating: Very good

Caloric Breakdown

Carbohydrates	86%
Proteins	7%
Fats	7%
Alcohol	0%

Brown rice is a good clean source of healthful carbs.

Food Scores

Vitamin Score 26 Protein Score 19
 Mineral Score 73 Fiber Score 3%
 Unhealthy Score 1
 Net Food Score 122

Financial Cost

At \$0.75 per pound, cost of all displayed nutrients is \$0.04
 Net nutrition per dollar is 2732
 100% of purchased food is edible.
 Cost per edible pound is \$0.75

1.0 ounces provides 100 food calories
10% of this food's weight is water

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	6%
Pantothenic acid	4%
Vitamin B-6	6%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	0%
Copper	4%
Iron	2%
Magnesium	8%
Manganese	40%
Phosphorus	5%
Potassium	2%
Selenium	9%
Sodium	0%
Zinc	4%

Proteins **2%**

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Carbohydrates **8%**

Fiber	3%
Sugars, total	0%

Fats **1%**

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	3%

Other Components

Alpha-carotene	0%
Beta-carotene	0%
Betaine	
Fluorine	
Lycopene	0%
ORAC	
Phytosterols	
Retinol	0%

USDA Food Number 20036 Food Group Code 2000

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