

# The Hidden Dangers of Polished Rice: How It Affects Public Health



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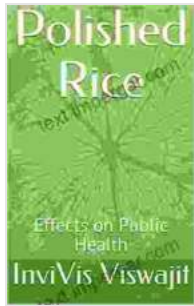
## Polished Rice: Effects on Public Health by Michael G. Wood

★★★★★ 4.2 out of 5

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Rice is a staple food in many cultures around the world. It is a good source of carbohydrates, protein, and fiber. However, polished rice, which is the most common type of rice consumed, has been stripped of many of its essential nutrients during processing. This can have a negative impact on public health, leading to a range of health problems.

## **Nutrient Deficiency**

Polished rice is deficient in several essential nutrients, including:

- Thiamin (vitamin B1)
- Niacin (vitamin B3)
- Iron
- Zinc
- Fiber

These nutrients are essential for good health. Thiamin is necessary for the body to convert food into energy. Niacin is important for the skin, nerves, and digestive system. Iron is needed for the production of red blood cells.

Zinc is essential for the immune system and wound healing. Fiber is important for digestive health and can help to lower cholesterol levels.

Deficiency in these nutrients can lead to a range of health problems, including:

- Beriberi (thiamine deficiency)
- Pellagra (niacin deficiency)
- Anemia (iron deficiency)
- Zinc deficiency
- Constipation (fiber deficiency)

## **Health Risks**

In addition to nutrient deficiency, polished rice has also been linked to an increased risk of several chronic diseases, including:

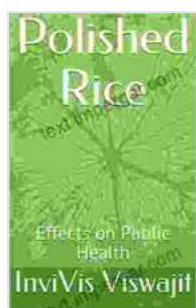
- Heart disease
- Stroke
- Type 2 diabetes
- Obesity

The high glycemic index of polished rice can cause spikes in blood sugar levels, which can increase the risk of developing heart disease and stroke. The lack of fiber in polished rice can also lead to weight gain and obesity.

Polished rice is a staple food in many cultures, but it is important to be aware of its potential health risks. Polished rice is deficient in several

essential nutrients, which can lead to a range of health problems. It has also been linked to an increased risk of several chronic diseases, including heart disease, stroke, type 2 diabetes, and obesity.

If you are concerned about the health risks of polished rice, you can choose to eat brown rice instead. Brown rice is a whole grain that has not been stripped of its essential nutrients. It is a good source of fiber, vitamins, and minerals. Eating brown rice can help to reduce your risk of developing several chronic diseases and improve your overall health.



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