

Product	White Rice
	
Nutrition	1 / 10
Serving Size	1 cup (174 g)
Calories	169
Total fat	0.3 g
Saturated fat	0.1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	8.7 mg
Total carbohydrate	36.7 g
Dietary fiber	1.7 g
Sugars	0.1 g
Protein	3.5 g
Ingredients and Process	White rice is milled rice which means the husk, bran and germ is removed. Removing these parts of the rice causes the rice to significantly drop in nutrient value. White rice is also high on the glycemic index which means it is broken down a lot faster by your body causing a higher insulin response.
Quality	1 / 10
Nutrient Profile	Low nutrient profile. High on the glycemic index.
Availability	10 / 10
Cost (*prices may vary)	\$10—\$16 / 4 kg
Where to Buy	At most large chain grocery stores. Metro, Freshco, No Frills, Loblaws, Whole Foods, Coppa's, So-beys, Longos, Highland Farms, Fortinos, Real Canadian Superstore.

Scores	Nutrition	Availability	Quality
0 - 5	Poor, high amount (values over recommended daily value percentages) of sugar, trans fat, animal saturated fats and/or salt	Pricey, not found in most stores	Low nutrient profile, highly processed ingredients, high amounts of preservatives and/or additives
6 - 7	Satisfactory. Just meets recommended daily value percentages.	Somewhat pricey, available in some stores	Satisfactory nutrient profile, contains some processed ingredients, preservatives, and/or additives
8 - 10	Healthy, low amount of sugar, salt, trans fat, animal saturated fats, preservatives and/or additives; high fiber, protein	Reasonably priced, widely available	Rich nutrient profile, organic ingredients, natural flavours, very low to zero additives and preservatives