

Northern Wild Rice Nutritional Profile

The grain of northern wild rice is a great source of nutrition, especially when compared to other grains, such as corn, white rice, and wheat.



- ✓ Heart healthy
- ✓ Great for the digestive system
- ✓ Gluten-Free
- ✓ High in protein
- ✓ Rich in antioxidants
- ✓ Almost a complete protein

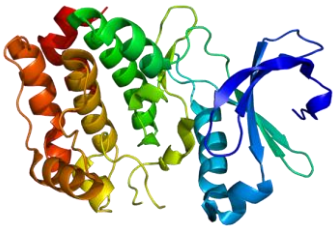
Nutrient	Wild Rice, Raw	White Rice, Long Grain, Enriched Raw	Brown Rice, Long Grain, Raw
Protein (g/100g)	14.70	7.13	7.94
Carbohydrate (g/100g)	75.00	79.95	77.24
Lipid (g/100g)	1.10	0.66	2.92
Dietary fiber (g/100g)	6.20	1.30	3.50

Compared to white or brown rice, Northern wild rice grain has

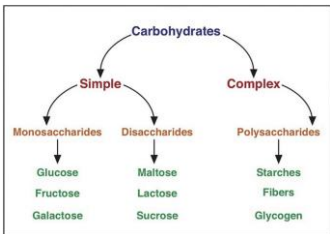
- ✦ 2x the protein content
- ✦ Higher lipid content
- ✦ Higher dietary fiber

*no nutritional differences have been identified between cultivated and hand-harvested wild rice

https://fdc.nal.usda.gov/fdc-app.html#/food-details/169726/nutrients
Timm, DA and Slavin, JL (2014) REVIEW: Wild Rice: Both an Ancient Grain and a Whole Grain. *Cereal Chemistry* 91, 207–210.



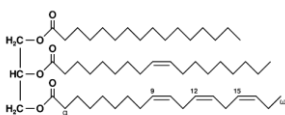
✦ Proteins are molecules made up of amino acid chains joined by peptide bonds. They are essential for the growth and maintenance of our bodies and are used in many cell processes.



✦ Carbohydrates are made up of carbon, hydrogen, and oxygen. In the body, carbs are broken down into simple sugars that can be converted into usable energy by the hormone insulin.



✦ Dietary fiber is a type of carbohydrate produced by plants that can not be broken down by humans. Fiber has been shown to help with digestion, and reduce the risk of cardiovascular disease, hypertension, and diabetes.



✦ Lipids include fats, waxes, and steroids. The body uses lipids for energy storage, protection of sensitive areas, and to build hormones that are used in cellular signaling.

Nutrition Facts	
Serving Size 1 cup 164g (164 g)	
Amount Per Serving	
Calories 166	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g 0%	
Trans Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 3g 12%	
Sugars 1g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

References:

Anderson, JW (1990) Dietary Fiber and Human Health. *HortScience HortSci* 25, 1488–1495.

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