

# wild rice nutrition data

**wild rice nutrition data** provides valuable insights into the unique dietary profile of this nutrient-rich grain. As a whole grain primarily harvested from aquatic grasses, wild rice is often celebrated for its distinct flavor and impressive health benefits. Understanding the wild rice nutrition data is essential for those aiming to incorporate wholesome foods into their diet, as it offers a combination of essential macronutrients, vitamins, minerals, and antioxidants. This article explores the comprehensive nutritional components of wild rice, highlighting its macronutrient composition, vitamin and mineral content, antioxidant properties, and potential health benefits. Additionally, comparisons with other rice varieties and tips on incorporating wild rice into meals will offer a well-rounded perspective on this versatile grain.

- Macronutrient Composition of Wild Rice
- Vitamins and Minerals in Wild Rice
- Antioxidant Properties and Phytochemicals
- Health Benefits Linked to Wild Rice Nutrition
- Comparison with Other Rice Varieties
- Incorporating Wild Rice into a Balanced Diet

## Macronutrient Composition of Wild Rice

Analyzing wild rice nutrition data reveals that this grain is a rich source of essential macronutrients, providing a balanced profile of carbohydrates, protein, and fats. Wild rice contains fewer calories compared to many refined grains, making it a favorable choice for calorie-conscious diets. Its carbohydrate content mainly consists of complex carbs and dietary fiber, which support digestive health and promote sustained energy release.

## Carbohydrates and Fiber

Wild rice contains approximately 21 grams of carbohydrates per 100 grams of cooked grain. A significant portion of these carbohydrates is dietary fiber, approximately 1.8 to 3 grams per serving, which aids in digestive health by promoting bowel regularity and supporting beneficial gut bacteria.

## Protein Content

One of the distinguishing features in wild rice nutrition data is its relatively high protein content for a grain. Wild rice provides about 4 grams of protein per 100 grams cooked, which is higher than that of white rice. This makes it a valuable plant-based protein source, especially for vegetarian and

vegan diets.

## Fat Content

Wild rice contains a minimal amount of fat, generally less than 1 gram per 100 grams cooked. The fats present are primarily unsaturated, contributing to heart health without adding significant calories.

- Calories: Approximately 100-110 kcal per 100 grams cooked
- Carbohydrates: 21 grams (mainly complex carbs)
- Protein: About 4 grams
- Fat: Less than 1 gram, mostly unsaturated
- Dietary Fiber: 1.8 to 3 grams

## Vitamins and Minerals in Wild Rice

Wild rice nutrition data shows that this grain is a rich source of various essential vitamins and minerals, contributing to its status as a nutrient-dense food. It contains significant amounts of B vitamins and minerals critical for metabolic functions and overall health.

### B Vitamins

Wild rice is an excellent source of several B vitamins, including niacin (B3), thiamine (B1), riboflavin (B2), and folate (B9). These vitamins play key roles in energy metabolism, red blood cell formation, and nervous system maintenance.

### Mineral Content

In terms of minerals, wild rice provides important amounts of magnesium, phosphorus, zinc, and manganese. Magnesium contributes to muscle and nerve function, phosphorus is vital for bone health, zinc supports immune function, and manganese acts as a cofactor for antioxidant enzymes.

### Additional Micronutrients

Wild rice also contains small but meaningful amounts of iron and potassium, which are essential for oxygen transport and electrolyte balance, respectively.

- Niacin (Vitamin B3): Supports energy metabolism
- Thiamine (Vitamin B1): Important for nerve function
- Riboflavin (Vitamin B2): Aids in cellular energy production
- Folate (Vitamin B9): Crucial for DNA synthesis
- Magnesium: Muscle and nerve health
- Phosphorus: Bone and teeth strength
- Zinc: Immune system support
- Manganese: Antioxidant enzyme cofactor
- Iron: Oxygen transport in blood
- Potassium: Electrolyte balance

## **Antioxidant Properties and Phytochemicals**

Wild rice nutrition data also highlights its wealth of antioxidants and phytochemicals, which contribute to reducing oxidative stress and inflammation in the body. These compounds help protect cells from damage caused by free radicals, potentially lowering the risk of chronic diseases.

### **Phenolic Compounds**

Wild rice contains phenolic acids and flavonoids, notable for their antioxidant activity. These compounds scavenge harmful free radicals, thereby supporting cellular health and reducing inflammation.

### **Other Bioactive Components**

In addition to phenolic compounds, wild rice contains lignans and other phytochemicals known for their potential anti-cancer and heart-protective effects.

- Phenolic acids: Powerful antioxidants
- Flavonoids: Support immune function and reduce inflammation
- Lignans: May reduce cancer risk
- Other phytochemicals: Contribute to overall health benefits

# Health Benefits Linked to Wild Rice Nutrition

The comprehensive wild rice nutrition data underscores several health benefits associated with regular consumption of this grain. Its nutrient profile supports cardiovascular health, weight management, and digestive wellness, among other advantages.

## Cardiovascular Health

Wild rice is low in fat and cholesterol-free, with a fiber content that helps reduce LDL cholesterol levels. The presence of antioxidants and minerals like magnesium and potassium further contribute to healthy blood pressure and heart function.

## Weight Management

Due to its high fiber and protein content, wild rice promotes satiety, which can help control appetite and reduce overeating. This makes it a beneficial food for those aiming to manage or lose weight.

## Digestive Health

The dietary fiber in wild rice supports regular bowel movements and fosters a healthy gut microbiome, aiding in overall digestive function.

- Reduces LDL cholesterol and supports heart health
- Promotes fullness and aids weight control
- Enhances digestion and gut health
- Provides antioxidants that reduce inflammation

## Comparison with Other Rice Varieties

When comparing wild rice nutrition data with other common rice types, such as white and brown rice, wild rice stands out for its superior protein content, higher antioxidant levels, and richer mineral profile. Its fiber content is comparable to brown rice but significantly higher than white rice, which is often stripped of nutrients during processing.

## Protein and Fiber Differences

Wild rice generally contains more protein per serving than both white and brown rice. It also provides dietary fiber in amounts similar to brown rice, which contributes to its favorable impact on digestion and blood sugar regulation.

## Micronutrient Comparison

In terms of vitamins and minerals, wild rice contains higher levels of certain minerals such as zinc and magnesium compared to other rice varieties. Its antioxidant content is also notably greater, offering enhanced protection against oxidative damage.

- Higher protein content than white and brown rice
- Comparable fiber to brown rice, higher than white rice
- Richer in minerals like zinc and magnesium
- Superior antioxidant profile

## Incorporating Wild Rice into a Balanced Diet

Understanding the wild rice nutrition data can guide the effective inclusion of this grain into diverse dietary plans. Wild rice's flavor and nutritional benefits make it a versatile ingredient suitable for various culinary applications.

## Cooking and Preparation Tips

Wild rice requires longer cooking times than most other rice varieties, typically around 45-60 minutes. Proper soaking can reduce cooking time and enhance texture. It can be used in soups, salads, pilafs, and as a side dish to complement proteins and vegetables.

## Meal Ideas Featuring Wild Rice

Some popular ways to enjoy wild rice include mixed grain bowls, stuffing for poultry, hearty salads with nuts and dried fruits, and nutrient-rich soups. Combining wild rice with legumes or vegetables creates balanced meals rich in protein, fiber, and essential nutrients.

- Soak wild rice before cooking to reduce time
- Use in soups, salads, and pilafs

- Combine with legumes for plant-based proteins
- Add nuts and vegetables for nutrient diversity

## Frequently Asked Questions

### What are the main nutritional components of wild rice?

Wild rice is rich in protein, fiber, vitamins such as B vitamins, and minerals like magnesium, zinc, and phosphorus. It is also low in fat and calories compared to other grains.

### How many calories are in one cup of cooked wild rice?

One cup of cooked wild rice contains approximately 166 calories.

### Is wild rice a good source of protein?

Yes, wild rice is a good source of plant-based protein, providing about 6.5 grams of protein per cooked cup.

### Does wild rice contain gluten?

No, wild rice is naturally gluten-free, making it a suitable grain alternative for people with gluten sensitivities or celiac disease.

### How much fiber does wild rice provide?

One cup of cooked wild rice provides around 3 grams of dietary fiber, which supports digestive health.

### What vitamins and minerals are abundant in wild rice?

Wild rice is particularly high in B vitamins like niacin, riboflavin, and folate, as well as minerals such as magnesium, phosphorus, zinc, and manganese.

### How does wild rice compare nutritionally to white rice?

Compared to white rice, wild rice has more protein, fiber, and minerals while being lower in calories and carbohydrates, making it a more nutrient-dense option.

## Additional Resources

1. *The Nutritional Profile of Wild Rice: A Comprehensive Guide*

This book delves into the detailed nutritional composition of wild rice, highlighting its macro and

micronutrient content. It presents data drawn from various scientific studies and explains how wild rice compares to other grains. Readers will find valuable information on vitamins, minerals, protein content, and dietary fiber. The book also discusses the health benefits associated with incorporating wild rice into a balanced diet.

## *2. Wild Rice and Its Role in Human Nutrition*

Focusing on the dietary importance of wild rice, this book explores its contribution to human health across different populations. It includes detailed nutritional data alongside historical and cultural perspectives. The authors analyze how wild rice supports cardiovascular health, weight management, and digestive wellness. Practical advice on cooking methods that preserve nutrients is also provided.

## *3. Analyzing Wild Rice: Nutritional Data and Health Implications*

This publication offers an in-depth analysis of wild rice's nutrient content, supported by laboratory data and field research. It discusses essential nutrients such as proteins, antioxidants, and minerals that make wild rice a superfood. The book also reviews clinical studies linking wild rice consumption to reduced risk of chronic diseases. It serves as a valuable resource for nutritionists and health professionals.

## *4. Wild Rice: Nutritional Values and Dietary Applications*

Aimed at dietitians and food scientists, this text presents comprehensive nutritional data on wild rice varieties. It covers macronutrients, vitamins, minerals, and phytochemicals, emphasizing their bioavailability and health effects. The book also explores wild rice's applications in specialized diets, including gluten-free and vegetarian nutrition plans.

## *5. Wild Rice Nutrition Facts and Food Science*

This book combines food science principles with detailed nutrition facts to explain the benefits of wild rice. Readers will learn about its protein quality, fiber content, and antioxidant properties. The book also discusses post-harvest processing effects on nutrient retention. It is an essential guide for food technologists and culinary professionals interested in nutrient-dense grains.

## *6. Comparative Nutritional Analysis of Wild Rice and Other Grains*

This work provides side-by-side nutritional comparisons between wild rice and common grains such as brown rice, quinoa, and barley. It presents detailed data tables and charts for easy reference. The author discusses the implications of these differences for dietary planning and health outcomes. This book is ideal for researchers and educators in nutrition science.

## *7. Wild Rice: Traditional Uses and Modern Nutritional Data*

Bridging traditional knowledge with contemporary science, this book documents indigenous uses of wild rice alongside modern nutritional analysis. It highlights cultural significance while providing updated nutrient profiles. The text also considers sustainable harvesting and its impact on nutritional quality. Readers gain insight into the intersection of heritage and health.

## *8. The Science of Wild Rice: Nutrients, Benefits, and Applications*

This scientific volume comprehensively covers the biochemical composition of wild rice and its health-promoting properties. It discusses antioxidants, essential amino acids, and mineral content in detail. The book also explores current research on wild rice's role in preventing nutrient deficiencies and chronic conditions. It is suited for academic audiences and health practitioners.

## *9. Wild Rice Nutrition Handbook for Food Industry Professionals*

Designed for food industry stakeholders, this handbook compiles extensive nutritional data on wild

rice alongside guidelines for product development. It addresses nutrient retention during processing, labeling requirements, and regulatory standards. The book also provides case studies on incorporating wild rice into health-oriented food products. It is a practical resource for manufacturers and marketers.

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**wild rice nutrition data:** *Earth Song Cookbook* C.J. Plain, 2017-11-29 Earth's Simple Guide to Health through Food contains a wealth of information on health, diet, alternative medicine, natural food presentation, and recipes, researched by an expert in the field. Readers will learn how to apply food as medicine and the learn how to adjust the contemporary diet to; treat illness and nervous disorders through food, and make the transition to whole vegetable foods.

**wild rice nutrition data:** *Global Perspectives on Underutilized Crops* Munir Ozturk, Khalid Rehman Hakeem, Muhammad Ashraf, Muhammad Sajid Aqeel Ahmad, 2018-05-17 Increase in world population, extreme weather conditions, decrease in fresh water supplies, and changes of dietary habits are major issues that affect global food security. We are expected to face the challenges of land use by 2050 because population will reach 9 billion while agricultural productivity losses are expected due to overuse of lands. How can we feed the next generations in a manner that respects our finite natural resources? Managing our resources in a sustainable way have only begun for selected crops. Much remains to be done to increase food yield. Cropping practices capable of sustainable production need to be elaborated, especially in fragile ecosystems. Typical applications will include the improvement and use of genetic resources; crop management and diversification; diffusion of improved varieties; development of cropping systems; sustainable cropping systems for areas prone to environmental degradation; use of agro-ecological data for crop production forecasting; and networks for regional coordination, and data exchange. The impetus behind this book is to bring attention to a cropping system that bears direct relevance to sustainable agriculture



and food security. “Underutilized” crops are found in numerous agricultural ecosystems and often survive mainly in marginal areas. It is timely to review their status because, in recent decades, scientific and economic interests have emerged which focus on lesser-known cultivated species. Underutilized crops have a great potential to alleviate hunger directly, through increasing food production in challenging environments where major crops are severely limited. “Global Perspectives on Underutilized Crops” is therefore topical and highlights the unmet agricultural challenges that we face today. This book is an important resource for students and researchers of crop science and agricultural policy makers.

**wild rice nutrition data:** *Indigenous Life around the Great Lakes* Richard W. Edwards IV, 2020-09-30 Enormous changes affected the inhabitants of the Eastern Woodlands area during the eleventh through fifteenth centuries AD. At this time many groups across this area (known collectively to archaeologists as Oneota) were aggregating and adopting new forms of material culture and food technology. This same period also witnessed an increase in intergroup violence, as well as a rise in climatic volatility with the onset of the Little Ice Age. In *Indigenous Life around the Great Lakes*, Richard W. Edwards explores how the inhabitants of the western Great Lakes region responded to the challenges of climate change, social change, and the increasingly violent physical landscape. As a case study, Edwards focuses on a group living in the Koshkonong Locality in what is now southeastern Wisconsin. Edwards contextualizes Koshkonong within the larger Oneota framework and in relation to the other groups living in the western Great Lakes and surrounding regions. Making use of a canine surrogacy approach, which avoids the destruction of human remains, Edwards analyzes the nature of groups’ subsistence systems, the role of agriculture, and the risk-management strategies that were developed to face the challenges of their day. Based on this analysis, Edwards proposes how the inhabitants of this region organized themselves and how they interacted with neighboring groups. Edwards ultimately shows how the Oneota groups were far more agricultural than previously thought and also demonstrates how the maize agriculture of these groups was related to the structure of their societies. In bringing together multiple lines of archaeological evidence into a unique synthesis, *Indigenous Life around the Great Lakes* is an innovative book that will appeal to archaeologists who study the Midwest and surrounding regions, and it will also appeal to those who research risk management, agriculture, and the development of hierarchical societies more generally.

**wild rice nutrition data:** *Diabetes Weight Loss: Week by Week* Jill Weisenberger, 2012-07-10 More than 23 million adult Americans have diabetes. More than two-thirds of American adults with type 2 diabetes are significantly overweight or obese. The majority of overweight people have tried unsuccessfully to lose weight one or more times, only to regain it within months. They know that losing weight can improve their health; they just need to know how to make it happen and how to keep those pounds off. *Diabetes Weight Loss—Week by Week* guides people with diabetes through the steps toward lasting weight loss, better health, and possibly improved blood glucose control. With a week-by-week approach and emphasis on incremental changes, readers gain the knowledge, skills, and confidence required for permanent weight loss and lifestyle change. Readers also learn from the triumphs of others by reading their brief stories, and the included recipes show how to bring healthy meals into the house.

**wild rice nutrition data:** *Traditional Plant Foods of Canadian Indigenous Peoples* Harriet Kuhnlein, Nancy Turner, 2020-10-28 First published in 1991, *Traditional Plant Foods of Canadian Indigenous Peoples* details the nutritional properties, botanical characteristics and ethnic uses of a wide variety of traditional plant foods used by the Indigenous Peoples of Canada. Comprehensive and detailed, this volume explores both the technical use of plants and their cultural connections. It will be of interest to scholars from a variety of backgrounds, including Indigenous Peoples with their specific cultural worldviews; nutritionists and other health professionals who work with Indigenous Peoples and other rural people; other biologists, ethnologists, and organizations that address understanding of the resources of the natural world; and academic audiences from a variety of disciplines.

**wild rice nutrition data: Encyclopedia of Food Grains** Colin W Wrigley, Harold Corke, Koushik Seetharaman, Jonathan Faubion, 2015-12-17 The Encyclopedia of Food Grains, Four Volume Set is an in-depth and authoritative reference covering all areas of grain science. Coverage includes everything from the genetics of grains to the commercial, economic and social aspects of this important food source. Also covered are the biology and chemistry of grains, the applied aspects of grain production and the processing of grains into various food and beverage products. With the paramount role of cereals as a global food source, this Encyclopedia is sure to become the standard reference work in the field of science. Also available online via ScienceDirect – featuring extensive browsing, searching, and internal cross-referencing between articles in the work, plus dynamic linking to journal articles and abstract databases, making navigation flexible and easy. For more information, pricing options and availability visit [www.info.sciencedirect.com](http://www.info.sciencedirect.com). Written from an international perspective the Encyclopedia concentrates on the food uses of grains, but details are also provided about the wider roles of grains Well organized and accessible, it is the ideal resource for students, researchers and professionals seeking an authoritative overview on any particular aspect of grain science This second edition has four print volumes which provides over 200 articles on food grains Includes extensive cross-referencing and Further Reading lists at the end of each article for deeper exploration into the topic This edition also includes useful items for students and teachers alike, with Topic Highlights, Learning objectives, Exercises for Revision and exercises to explore the topic further

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**wild rice nutrition data: The Ecotoxicology of Aquatic Macrophytes** Mirta L. Menone, Chris Metcalfe, 2023-05-31 This book focuses on the topic of ecotoxicology of aquatic macrophytes and is wide ranging, including the use of macrophytes for remediation of contaminated sites. Many human activities are threats to the equilibrium of natural ecosystems. Pollution from point and non-point sources can be assessed using a variety of techniques, such as biomonitoring, biomarkers and biosensors. In aquatic ecosystems, biomonitoring of pollutants is mostly conducted by analysis of the tissues of invertebrates and fishes, and biomarker studies are also more widely applied to animals rather than in plants. Aquatic macrophytes occupy a key niche in aquatic ecosystems and provide a range of ecosystem services. In addition to their role in primary production, vegetation plays a key role in the cycling and retention of nutrients and generally acts as a sink for pollutants. Therefore, because of their importance to aquatic ecosystems, more attention should be paid to understanding the fate of pollutants and to developing methods to evaluate the health status of macrophytic plants in freshwater, marine and estuarine environments.

**wild rice nutrition data: Nutritional Foundations and Clinical Applications - E-Book** Michele Grodner, Sara Long Roth, Bonnie C. Walkingshaw, 2013-08-07 Now in its 5th edition, the critically acclaimed Nutritional Foundations and Clinical Applications, A Nursing Approach offers you a comprehensive, first-hand account of the ways in which nutrition affects the lives of nursing professionals and everyday people. Discussions on nutritional needs and nutritional therapy, from the nurse's perspective, define your role in nutrition, wellness, and health promotion. The dynamic author team of Grodner, Roth, and Walkingshaw utilizes a conversational writing style, and a variety of learning features help you apply your knowledge to the clinical setting. Content updates, specifically to the Dietary Guidelines for Americans 2010, an online resource, a new logical organization, and much more prepare you to handle the challenges you face with ease. Emphasis on health promotion and primary prevention stresses the adoption of a healthy diet and lifestyle to enhance quality of life. Content Knowledge and Critical Thinking/Clinical Applications case studies reinforce knowledge and help you apply nutrition principles to real-world situations. Cultural Considerations boxes discuss various eating patterns related to ethnicity and religion to help you understand the various influences on health and wellness. Personal Perspective boxes demonstrate the personal touch for which this book is known, and offer first-hand accounts of interactions with patients and their families. Health Debate and Social Issue boxes explore controversial health issues and encourage you to develop your own opinions. Teaching tool boxes provide tips and guidance to apply when educating patients. Website listings with a short narrative at the end of every chapter refer you to additional online resources. Updated content to Dietary Guidelines for Americans 2010 keeps you current. Additional questions added to case studies in the Nursing Approach boxes help you focus on practical ways you can use nutrition in practice. Study tools on Evolve present virtual case studies and additional questions with instant feedback to your answers that reinforce your learning. Online icons throughout the text refer you to the NEW Nutrition Concepts Online course content. A logical organization to updated and streamlined content lets you find the information you need quickly.

**wild rice nutrition data: Agrobiodiversity Conservation** Nigel Maxted, 2012 Based on the

2010 conference Towards the establishment of genetic reserves for crop wild relatives and landraces in Europe, this book is the cutting edge discussion of agrobiodiversity conservation. By considering the benefits of understanding and preserving crop wild relatives and landraces, it encompasses issues as wide-ranging and topical as habitat protection, ecosystem health and food security. Focusing on Europe, but globally relevant, Agrobiodiversity Conservation is ideal for postgraduate students of conservation and environmental studies, conservation professionals, policy makers and researchers.

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