

# Rice as a source of nutrition

by Arifa Habib, Student of M.A (Previous)- English Jinnah University for Women

Rice is central to the lives of billions of people around the world. Possibly the oldest domesticated grain (10,000 years), rice is the staple food for 2.5 billion people and growing rice is the largest single use of land for producing food, covering 9% of the earth's arable land. Rice provides 21% of global human per capita energy and 15% of per capital protein. Calories from rice are particularly important in Asia, especially among the poor, where it accounts for 50-80% of daily caloric intake. As expected, Asia accounts for over 90% of the world's production of rice, with China, India and Indonesia producing the most. Only 6-7% of the world's rice crop is traded in the world market. Thailand, Vietnam, China and the United States are the world's largest exporters. The United States produces 1.5% of the world's rice crop with Arkansas, California and Louisiana producing 80% of the U.S. rice crop.

The grain originated thousands of years ago in Asia, in a broad arc stretching from eastern India through to Burma (Myanmar), Thailand, Laos, northern Vietnam and southern China. The domestication of rice is considered one of the most important developments in human history.

## Rice Varieties

### **Super kernel basmati rice**

Super Kernel Basmati Rice the term "Super Kernel" is the premium quality basmati rice variety from Punjab. It carries strong aroma being grown in the snow-fed Himalayan fields and mountain.

### **1121 Extra Long Grain Rice**

It carries exceptional taste, extra long slender edgy shaped grains while upon cooking the grains become even longer for a delicious and special occasion treat to guests and family.

### **PK 385 Basmati Rice**

PK 385 Basmati Rice originates from selected regions of the province of Punjab for many decades, having naturally high aroma, good taste & cooking and very reasonable price as compared to the top notch basmati grades.

### **Brown rice**

Brown Rice is light brown in color and rich in its bran contents. Brown rice is a healthy source of food, particularly for the weight conscious people since it contains less starch.

### **Rest of the varieties of Rice is:**

- ❖ Super Basmati rice
- ❖ Short Grain rice

- ❖ Non-Basmati Long Grain Rice
- ❖ 100% Broken rice
- ❖ Parboiled Rice

## Exporting Destinations

Exporting Destinations are Middle East (Qatar, Egypt, Bahrain, Oman, Yemen, Jordan, Kuwait, UAE), Oceania (Australia, New Zealand, Fiji Islands), Europe (France, Germany, Bulgaria, Cyprus, Belarus, Italy, Greece, Georgia, Latvia, Lithuania, Serbia, Portugal, UK, Romania, Malta, Azerbaijan), Far East (Maldives, Myanmar, South Korea, Taiwan, Singapore), Scandinavia (Sweden, Norway), Asia (India, Sri Lanka, Bangladesh, China, Vietnam), USA (Our own Office & warehouse is established), North America (Canada, Trinidad & Tobago, Mexico), Caribbean (Jamaica, Haiti), South America (Brazil, Colombia, Paraguay), Africa (Kenya, Comoros, Seychelles, Tanzania, Mauritius, Ethiopia, Djibouti, Sierra Leone, South Africa)

## Rice Association of Pakistan

There is an Association in Pakistan which issues tenders for the rice imports and exports in Pakistan, called REAP (The Rice Export Association of Pakistan), this association is the part of Pakistan Govt. Ministry of Commerce.





### Rice Production in Pakistan

Pakistan is the 4th largest rice producer in the world after the China, India and Indonesia so which shows the importance of its position in national and agriculture economy. Its produce near six millions tones in each year and together with India it's responsible to produce world's 30 of total production. Major portion of the rice grown in Punjab and Sindh, thousands of farmers depend on rice cultivation as their main source of income. There are many varieties of Rice in Pakistan but the famous one is Kernel Basmati OR Super Basmati also known as aromatic rice similar as others varieties are Basmati PK-385, Irri-6, Irri-9 and KS-282 etc.

### More about Pakistani Rice

Rice accounts 3.1% of value added in agriculture and 0.7% of GDP. It grows enough to meet the local demand and near one million tone exports for international demand per annum. Two varieties of rice including Basmati Rice, mainly grown in Punjab and Irri grown in Punjab and Sindh are famous in exports of Pakistani rice.

### Nutritional Benefits and Significance

The nutrition information pertaining to rice primarily specifies an easy to digest

food. It is low in fat, low in cholesterol, high in starch, having high nutritional content and an excellent source of energy. It comprises good percentage of carbohydrate which is one of the human body's two main sources of energy.

Rice also contains a range of important nutrients, including B and E vitamins, protein and minerals especially potassium which helps the body reduce toxins.

Moreover, rice is fundamentally important to various cultures particularly main course dish for Middle East and Asian population. Children are also served with rice as their first solid food. Hence it is an important element of food that is a significant food item in sustaining both the world's appetites and cultural traditions in history and also in the present day.

Rice recipes: Rice is a very delicious grain, every people in the world like to eat grain; rice is very easy in cooking there are many dishes you can make from the rice. Like Daal, chawal, biryani, khichri, and Singaporean rice. Rice is mostly use in chine's recipes like shashlik, fried rice etc... There are some other dishes of rice is rice balls, chawal(rice) ki roti is very famous especially in Balochistan. Rice is also use to make different sweet dishes like gur k chawal, zarda, kheer is also made from rice. Gur k chawal is very famous in Punjab.

### Conditions of Cultivation

**Temperature:** Rice is a tropical plant. it requires high temperature during the growing season of 4 to 6 months. The temperature should be more than 80 degree F and in no way less than 70 degree F even for the quick maturing varieties. In Pakistan rice is cultivated only one a year i.e. early summer. Its cultivation is not possible in areas of severe cold or where the temperature goes below freezing point.

**Water:** Rice is known as a plant of water. Its cultivation requires large amount of moisture. The annual rainfall should not be in any way less than 40 ". The root of the rice plant should remain submerged in water for a long time. For 75 days the rice fields should have 6 " of slow moving water. When the rice crops mature, less water is required and during ripening season, the field should be almost dry so that it can be harvested easily.

### References

1. <http://www.alfarid.org/rice.html>
2. <http://www.riceimportexport.com/category/pakistani-rice/>
3. <http://calorielab.com/foods/rice/21>
4. [http://archive.gramene.org/species/oryza/rice\\_intro.html](http://archive.gramene.org/species/oryza/rice_intro.html)
5. <http://www.infoplease.com/encyclopedia/science/rice-cultivation-harvesting.html>