

120g cooked white rice nutrition

120g cooked white rice nutrition is a topic of great interest for individuals focused on diet planning, calorie counting, and balanced nutrition. White rice is a staple food in many cultures and understanding its nutritional content when cooked is essential for making informed dietary choices. This article explores the detailed nutritional profile of 120 grams of cooked white rice, covering calories, macronutrients, vitamins, minerals, and its role in a balanced diet. Additionally, the article discusses the glycemic index, health benefits, and potential drawbacks connected to consuming white rice. Whether for weight management, athletic performance, or general health, knowing the precise nutrition facts about cooked white rice can help tailor effective meal plans. The following sections will provide a comprehensive overview of these key aspects.

- Nutritional Breakdown of 120g Cooked White Rice
- Macronutrients in Cooked White Rice
- Micronutrients and Vitamins
- Glycemic Index and Blood Sugar Impact
- Health Benefits of Consuming White Rice
- Considerations and Potential Drawbacks
- Incorporating White Rice into a Balanced Diet

Nutritional Breakdown of 120g Cooked White Rice

The nutritional composition of 120g cooked white rice provides a moderate amount of energy primarily derived from carbohydrates. This portion size is roughly equivalent to about 2/3 cup of cooked rice, making it a common serving size in many dietary guidelines. Understanding this breakdown allows for more accurate calorie tracking and nutrient intake assessment.

On average, 120 grams of cooked white rice contains approximately 150 to 160 calories. This caloric value makes it a suitable energy source for those requiring moderate carbohydrate intake. The calorie content mainly comes from starches, with minimal fats and proteins. Additionally, white rice has small amounts of dietary fiber and sodium, contributing to its overall nutritional profile.

Macronutrients in Cooked White Rice

Macronutrients are the primary nutrients that provide energy to the body, and white rice mainly supplies carbohydrates with minor contributions from proteins and fats. The macronutrient distribution in 120g cooked white rice is essential for managing energy balance and dietary goals.

Carbohydrates

Carbohydrates are the predominant macronutrient in cooked white rice, providing approximately 33 to 36 grams per 120 grams serving. The majority of these carbohydrates come from starch, which is a complex carbohydrate that the body breaks down into glucose for energy. White rice generally contains very low dietary fiber, often less than 1 gram per serving, due to the milling process that removes the bran and germ layers.

Proteins

Cooked white rice contains roughly 2.5 to 3 grams of protein per 120 grams. While rice protein is not considered a complete protein because it lacks certain essential amino acids, it still contributes to overall protein intake, especially when combined with other protein sources in a meal.

Fats

White rice is naturally low in fat, typically containing less than 0.5 grams of fat per 120 grams cooked portion. This makes it a low-fat carbohydrate choice, beneficial for those monitoring fat intake for health reasons.

Micronutrients and Vitamins

Although white rice is mainly valued for its carbohydrate content, it also provides essential micronutrients and vitamins in smaller quantities. The refining process of white rice significantly reduces its vitamin and mineral content compared to brown rice, but some nutrients remain or are added back through fortification.

Key Vitamins

White rice contains small amounts of B vitamins, particularly thiamine (B1), niacin (B3), and folate (B9), which play vital roles in energy metabolism and cellular function. Many commercially available white rice products are enriched with additional B vitamins and iron to compensate for losses during processing.

Essential Minerals

Cooked white rice provides minor amounts of minerals such as iron, magnesium, phosphorus, and manganese. Iron content typically ranges from 0.2 to 0.4 milligrams per 120 grams serving. Magnesium and phosphorus are present in trace amounts, contributing marginally to daily mineral requirements.

Glycemic Index and Blood Sugar Impact

The glycemic index (GI) of white rice is an important factor when considering its effect on blood sugar levels. White rice generally has a medium to high GI, which means it can cause a relatively rapid increase in blood glucose following consumption.

A GI value for white rice typically ranges between 70 and 90, depending on the variety and cooking method. This rapid digestion can be a concern for individuals managing diabetes or insulin sensitivity, as it may lead to blood sugar spikes. However, pairing white rice with fiber-rich vegetables, proteins, or healthy fats can help moderate these effects.

Health Benefits of Consuming White Rice

Despite some concerns regarding its glycemic index and nutrient density, white rice offers several health benefits when consumed as part of a balanced diet. Its digestibility and energy density make it a preferred carbohydrate source for many populations worldwide.

- **Quick Energy Source:** White rice is easily digestible, providing rapid energy replenishment, which is beneficial for athletes and individuals with high energy demands.
- **Gluten-Free Option:** Naturally gluten-free, white rice is safe for people with celiac disease or gluten intolerance.
- **Low in Fat and Sodium:** Its minimal fat and sodium content support heart health when consumed in moderation.
- **Fortification Benefits:** Many white rice products are enriched with essential vitamins and minerals, helping prevent nutrient deficiencies.

Considerations and Potential Drawbacks

While white rice has advantages, there are important considerations and potential drawbacks linked to its consumption, especially in large quantities or as a dietary staple without variety.

Nutrient Loss Due to Processing

The milling process removes the bran and germ, which contain most of the fiber, vitamins, and minerals. This results in a product that is less nutrient-dense than whole grain alternatives like brown rice.

High Glycemic Index

As previously mentioned, the high glycemic index of white rice can contribute to blood sugar fluctuations. This may increase the risk of insulin resistance and type 2 diabetes if consumed excessively without balancing with other macronutrients.

Arsenic Content

Rice can accumulate inorganic arsenic from the environment. While levels vary depending on the source, it is advisable to consume rice in moderation and rinse it thoroughly before cooking to reduce arsenic content.

Incorporating White Rice into a Balanced Diet

To maximize the nutritional benefits of 120g cooked white rice nutrition, it is important to consume it alongside diverse food groups. Incorporating vegetables, lean proteins, and healthy fats can create a well-rounded meal that supports overall health.

Here are some practical tips for including white rice in balanced meals:

1. Combine white rice with legumes or beans to improve protein quality.
2. Add fiber-rich vegetables to increase the meal's fiber content and reduce glycemic impact.
3. Use moderate portion sizes, such as 120 grams cooked serving, to control calorie intake.
4. Choose fortified white rice products when possible for added nutrients.
5. Consider alternating with whole grain rice varieties for enhanced nutrient intake.

Frequently Asked Questions

How many calories are in 120g of cooked white rice?

120g of cooked white rice contains approximately 155 calories.

What is the carbohydrate content in 120g of cooked white rice?

120g of cooked white rice contains about 34 grams of carbohydrates.

How much protein does 120g of cooked white rice provide?

120g of cooked white rice provides roughly 3 grams of protein.

Is 120g of cooked white rice a good source of fiber?

No, 120g of cooked white rice contains only about 0.4 grams of dietary fiber, which is relatively low.

What is the fat content in 120g of cooked white rice?

120g of cooked white rice contains approximately 0.3 grams of fat, making it a low-fat food.

Does 120g of cooked white rice contain any vitamins or minerals?

Yes, it contains small amounts of vitamins like B vitamins and minerals such as manganese, magnesium, and selenium.

How does 120g of cooked white rice affect blood sugar levels?

White rice has a high glycemic index, so 120g can cause a moderate to rapid increase in blood sugar levels.

Is 120g of cooked white rice suitable for a low-calorie diet?

Yes, with around 155 calories, 120g of cooked white rice can fit into a low-calorie diet when consumed in moderation.

Additional Resources

1. *The Nutritional Science of Cooked White Rice: A Comprehensive Guide*

This book delves into the detailed nutritional profile of cooked white rice, specifically focusing on a 120g serving. It explains the macro and micronutrients present, including carbohydrates, proteins, vitamins, and minerals. Readers will gain insights into how white rice fits into a balanced diet and its impact on health.

2. *Rice and Health: Understanding the Benefits and Risks of White Rice Consumption*

Exploring the health implications of eating white rice, this book examines the nutritional value of a typical 120g serving and its role in various diets worldwide. It discusses glycemic index, energy provision, and the effects of rice on blood sugar levels. The book also compares white rice with other rice varieties and grains.

3. *120 Grams of Cooked White Rice: Nutritional Facts and Dietary Tips*

A practical guide aimed at nutritionists and health-conscious individuals, this book breaks down the nutritional content of 120 grams of cooked white rice. It offers meal planning advice, portion control strategies, and tips for incorporating rice into healthy eating habits. The book also includes easy recipes emphasizing nutritional balance.

4. *The Role of White Rice in Global Nutrition: Focus on a 120g Serving*

This text places white rice within the context of global nutrition and food security, highlighting the significance of a 120g portion. It discusses how white rice contributes to calorie intake in different cultures and its nutritional strengths and limitations. The book also covers fortification efforts and improvements in rice varieties.

5. *Carbohydrates and Calories: Decoding 120g of Cooked White Rice*

Focusing on the carbohydrate content and caloric value of white rice, this book explains why a 120g serving is a staple energy source for many populations. It details the digestion process, glycemic response, and the role of rice carbohydrates in fueling the body. Readers will also find comparisons with other carbohydrate-rich foods.

6. *White Rice Nutrition and Weight Management: Insights from a 120g Serving*

This book investigates the relationship between white rice consumption and weight control, using the nutritional data from a 120g cooked portion. It addresses common misconceptions about rice and weight gain, providing evidence-based recommendations for including rice in weight management plans. The book also emphasizes portion sizes and meal composition.

7. *Vitamins and Minerals in Cooked White Rice: What 120g Provides*

Highlighting the micronutrient content of cooked white rice, this book details the vitamins and minerals found in a 120g serving. It explains the significance of nutrients such as folate, iron, and B vitamins for overall health. The book also discusses nutrient losses during rice processing and cooking methods that preserve nutritional quality.

8. *Glycemic Index and White Rice: Effects of a 120g Serving on Blood Sugar*

This specialized book focuses on the glycemic index of white rice and its implications for blood sugar management. Using a 120g serving as a reference, it explores how rice affects glucose levels in different populations, including diabetics. The book offers dietary strategies to balance rice intake with blood sugar control.

9. *Cooked White Rice in Sports Nutrition: Energy and Recovery from 120g Servings*

Targeting athletes and fitness enthusiasts, this book discusses how a 120g serving of cooked white rice can support energy needs and recovery. It examines the rapid availability of carbohydrates in rice for glycogen replenishment post-exercise. The book also provides meal planning tips to optimize performance and endurance.

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