



Can the consumer do anything to offset or reduce the arsenic in rice?

Published studies, including research by the FDA, indicate that cooking rice in excess water (from six to 10 parts water to one part rice), and draining the excess water, can reduce 40 to 60 percent of the inorganic arsenic content, depending on the type of rice. The FDA recognizes that consumers do not typically prepare rice in this manner, similar to preparing pasta, and some may not wish to do so. Such preparation has been shown to lower the nutritional value of enriched polished and parboiled rice (reducing the levels of folate, iron, niacin and thiamin by 50 to 70 percent; these nutrients are added to polished and parboiled rice as part of the enrichment process).

The new FDA research also shows that rinsing rice before cooking has a minimal effect on the arsenic content of the cooked grain. Rinsing does, however, wash off iron, folate, thiamin and niacin from polished and parboiled rice. The tables below provide additional information on the study's findings.

Percent reduction with rinsing

Rice	Inorganic Arsenic	Iron	Niacin	Thiamine	Folate
Brown	0	10	0	0	12
Polished	16	71	85	83	87
Parboiled	9	81	28	51	73

Percent reduction with cooking in excess water (averaged 6:1 and 10:1 ratios)

Rice	Inorganic Arsenic	Iron	Niacin	Thiamine	Folate
Brown	50	0	0	42	45
Polished	43	46	42	39	43
Parboiled	61	75	53	64	62

Source: <http://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm319948.htm>