

Arsenic and Rice Protein | Rice Protein Facts

#arsenicandriceprotein #arsenicinourrice

Unfortunately, there is no way to remove 100% of the [arsenic content from rice protein](#) without overly processing the powder and compromising its nutritional value. However, manufacturers can ensure the lowest levels possible in their rice protein by sourcing raw rice grains with lower than average inorganic arsenic levels. On the other hand, if the starting material is higher than average in inorganic arsenic, then the resulting protein powder will not be as low as possible in inorganic arsenic.

Arsenic and Rice Protein



Rice and rice protein are not the same thing .

The processing of rice with water and enzymes actually helps to remove a good portion of the arsenic because arsenic happens to be dissolvable by water

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For example, certain regions in the US (central and south) produce rice with inorganic arsenic levels in the higher ranges. This is not due to direct pesticide use, but rather from pesticide

residue seeping from thousands of acres of land once used to grow cotton. Because of this, even organically grown rice may contain very high levels of inorganic arsenic.

According to the Environmental Work Group (EWG), rice varieties grown and imported from Southeast Asia are often lower in arsenic than rice grown in some parts of the US. Not to mention the fact that the US exports more than half of the rice grown there, so adequate quantities may not be available for rice protein manufacturers to use.

In 2013 the FDA tested over 1,300 samples of rice grains and rice based products to determine the quantities of inorganic arsenic in each. The average levels found in all of the rice grain (unprocessed, whole grain form) categories ranged from 2.6-7.2 micrograms per serving. Micrograms are tiny. For reference, there are 15 grams in 1 tablespoon of sugar, and there are 1 million micrograms in 1 gram.

In all of the rice-based products (including crackers, cereals, protein powders, etc.), the averages ranged from 0.1-6.6 micrograms per serving—amounts that were slightly lower than in whole grain forms. The average content of inorganic arsenic found in rice protein powders was only 1.9 microgram per serving. So the average amounts found in rice protein powders were much lower than what was typically found in whole rice grains.

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