



# Organic Gourmet Basmati Whole Brown Rice™

Rice was first cultivated more than five thousand years ago and now provides a significant portion of the diet for over 1.6 billion people. However, in the search for food features other than nutrition – such as shelf life, quick cook, and whiteness – rice has undergone processing changes stripping it of much of its nutritional value.

Wysong Organic Gourmet Basmati Whole Brown Rice retains all of the original rice kernel including its seven bran layers. Only the outer nondigestible hull is removed. Wysong Rice contains over seven nutritionally important fatty acids whereas white rice contains essentially none. It also contains soluble fiber – which has been shown capable of reducing blood cholesterol levels. White rice has had all of this fiber removed. Polished white rice has over 78% of vitamin B<sub>1</sub> removed, 47% of vitamin B<sub>2</sub> removed and 67% of vitamin B<sub>3</sub> removed. Additionally, Wysong Rice contains over a dozen other vitamins or vitamin-like compounds, and a variety of minerals which are essentially removed in milling white rice. White rice has lost, for example, over 80% of its iron and 57% of its potassium and phosphorous.



**Organic,  
Long-Grain,  
Nutrient-Rich Rice with  
a Pleasing Aroma  
and Subtle Nutty Flavor**

Wysong Organic Gourmet Basmati Whole Brown Rice has a naturally delicious flavor and unique popcorn aroma. It was originally developed in Northern India but its flavor and aromatic qualities have been enhanced on organic American farms.

### How to Prepare Rice

Combine 1 cup rice and 3 cups water in a 2 to 3-quart saucepan. (Optional: 1/2 tsp. Wysong Whole Salt, 1 Tbsp. butter plus Wysong Oxherphol.) Heat to boiling. Stir once or twice. Lower heat to simmer. Cover with a tight-fitting lid. Cook 45-50 minutes. If rice is not tender or liquid is not absorbed, replace lid and cook until done. Makes 3 to 4 cups. Rice not used within a short period of time should be frozen to help prolong product freshness and nutritional value.

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