

# Dr. Paul's Holistic Health Network

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## Types of Rice



**Brown Rice:** Rich in fiber, aids in weight loss and cholesterol levels.

**Black Rice:** High in antioxidants, may help with heart health.

**Red Rice:** Control blood pressure, support bone health.

**Purple Rice:** Contains antioxidants, may reduce inflammation.

**Wild Rice:** High in protein, helps manage diabetes.

**Arborio Rice:** Good source of fiber, supports heart health.

**Riced Cauliflower:** Low in carbs, aids in digestion.

**Quinoa:** High in protein and fiber, promotes fullness.

**Amaranth:** Contains antioxidants, supports bone health.

**Couscous:** High in selenium, boosts the immune function.

**Barley:** Rich in fiber, helps lower cholesterol.

**Buckwheat:** May improve blood sugar control.

**Teff:** High in calcium, supports bone health.

**Riced Broccoli:** Low in calories, can help reduce inflammation.

**Sorghum:** High in fiber, supports digestion.

**Freekeh:** High in protein and fiber, aids in digestion.