

Is arsenic in rice a concern?

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Rice has 10 times as much arsenic than compared to other grains, This is because it is grown in flooded conditions which makes it easier for arsenic to be leached from the soil.

In 2014 the World Health Organisation and the UN's Food and Agriculture Organisation set guidance for arsenic levels in rice. The European Commission has also set levels for rice and rice products sold in the EU, with lower limits set for rice products specifically targeted at babies and small children.

(Source Michael Mosley)

- Brown rice usually contains more arsenic than white rice (because of the husk)
- Growing rice organically doesn't make a difference to levels
- Rice cakes and crackers can contain levels higher than in cooked rice.
- The levels of arsenic found in rice milk far exceed the amounts that would be allowed in drinking water

Rice is known to accumulate around ten times as much arsenic as other cereals. In rice grains arsenic is concentrated in the outer bran layer surrounding the endosperm.

The good news is that cooking rice a certain way reduces 50% of naturally occurring arsenic in brown rice and 74% in white rice, as Dr Manoj Menon, University of Sheffield discovered in this study. This is called the Parboiling with absorption method (PBA).

Place the rice in preboiled water for 5 minutes before draining, then refresh the water and cook.

[New way of cooking rice removes arsenic and retains mineral nutrients, study shows | Institute for Sustainable Food | The University of Sheffield](#)