



Parboiled Country Rice vs. Brown Rice vs White Rice Comparison

**All values based off of nutritional analysis conducted at Sunwest Lab, Canada, Dec 2009*

*** Serving Size calculated as 100grams (1/2 cup dry rice)*

	MLAg Rice*		Brown Rice		White Rice	
	Per Serving**	% of RDA***	Per Serving	% of RDA	Per Serving	% of RDA
Calories	347	14%	110	4%	130	5%
Total Fat	.99g	1%	.89g	1%	0	0%
Saturates	.39g	1%	.179g	1%	0	0%
Trans Fat	.03g	0%	0	0%	0	0%
Protein	7.36g	13%	2.56	5%	2g	4%
Carbohydrates	77.14g	26%	22.78g	7%	29g	10%
Fibre	1.89	13%	1.8g	13%	0	0%
Vitamin A	2.57mg	321%	0	0%	0	0%
Vitamin C	2.93mg	4%	0	0%	0	0%
Calcium	20mg	3%	8	1%	0	0%
Iron	9.14mg	65%	0.2	2%	1	8%
Sodium	10mg	0.1%	301mg	13%	365mg	15%

*****Recommended Daily Intake for Men as Per UK Gov**

Sources: www.npt.gov.uk/default.aspx?page=3360, <http://www.nhs.uk/www.nutrition.org.uk/nutritionscience/> and www.nibusinessinfo.co.uk/

Calories	2500
Total Fat	95g
Saturated Fat	30g
Unsaturated fat	60g
Protein	55g
Carbohydrates	300g
Fibre	14.8g
Sugar	70g
Vitamin A	.8mg
Vitamin C	80mg
Calcium	800mg
Iron	14mg
Sodium	2.4g

Why is Mountain Lion Agriculture Ltd. rice so healthy?

1. It is a local, reddish grain native to West Africa which has limited global distribution
2. The above rice is then parboiled - a process which enriches the entire grain with the nutrients of the husk and skin. Parboiled rice is also recommended by doctors for individuals suffering from diabetes and hypertension