RICE in human nutrition
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in human nutrition

Prepared
in collaboration with FAO
by

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Traditionally, rice has been the staple food and main source of income for millions of people, and it will continue to be a mainstay of life for future generations. In many countries essential development efforts are concentrated on rice to meet domestic needs for food. In the developing countries of Asia, rice is also an important item of international trade.

FAO initiated its series of nutrition studies with *Rice and rice diets: a nutrition survey*. Since its publication in 1948, our understanding of the properties of rice and rice diets has advanced significantly. In addition, enormous increases in rice production and greater sophistication in processing technology have been achieved. In response to the need to provide comprehensive and technical information reflecting these considerable changes, this new edition on rice and nutrition has been created.

The present edition is broad in scope and rich in detail. Rice cultivation practices are discussed along with patterns of rice consumption. Certain nutritional problems that are sometimes related to rice diets are described, and extensive details on the nutritional value of rice are provided. The characteristics of rice and the qualities that influence consumption and trade are covered as well as techniques for rice processing and preparation. The future of rice production in the context of concerns about population growth and the environment is discussed. An extensive bibliography is also provided.
Rice in human nutrition has been written to serve a wide range of readers in government, universities and industry as a general source on most aspects of rice production, processing, trade and consumption. We hope that this book, as well as complementary trade information on rice published by FAO, will successfully address many readers’ questions about this important food and assist in development and training activities in all countries.

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