

Rice is a Strong Ally for Athletes

The Advantage of Eating Rice

① Enough carbohydrates required for physical activities can be taken.

Carbohydrates are the energy source for sustaining life and physical activities.

Rice contains a lot of carbohydrates.

What's digested in the body becomes an energy source (carbohydrates).

Athletes need extra energy for training.



② Low in Fat among staple foods.

Rice is less in volume than bread or pasta for the same amount of carbohydrates and the amount of fat is also less.

The Amount of Staple Foods and Fat per 110g of Carbohydrates

	Amount	Amount of Fat
Rice (White rice) 	1 bowl (about 300g)	0.6g
White bread 	4 slices from 6-sliced loaf (about 240g)	9.2g
Boiled spaghetti 	1.5 servings (about 380g)	2.7g

③ As the blood sugar level rises slowly, less prone to gain weight.

Since rice is a grain food, it makes digestion and absorption slow and blood sugar elevation gradual, which leads to suppressing fat synthesis.

Recommended for Athletes: Rice with Mixed Grains!

<The Advantage of Rice with Mixed Grains>

■ Rich in vitamins and minerals

- Particularly Vitamin B₁ works to efficiently turn carbohydrates into energy.

Amount of Vitamin B₁ in White Rice and Rice with Mixed Grains (per 200g)

White Rice	Rice with Mixed Grains	Rice with Germ	Brown Rice
			
0.04mg	0.14mg Triple	0.16mg 4 times	0.32mg 8 times

※ There are differences depending on the product: Refer to nutrition labels.

■ Rich in dietary fiber

- Suppresses the rapid rise in blood sugar level compared to white rice due to rich dietary fiber content.

■ It is filling

- With chewy texture and rich dietary fiber content, it fills the stomach for a long time preventing the loss of concentration caused by hunger.