

Rice and Health

1. Is white rice bad for health?

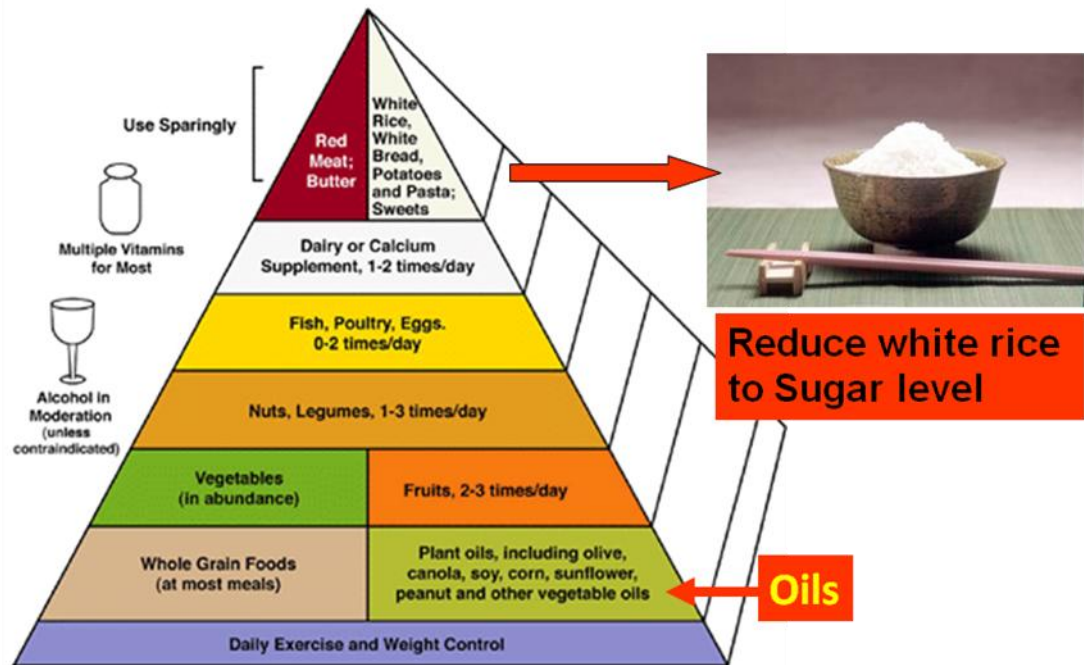
The Food Guide Pyramid developed by the USDA (1992) has been used world-wide because it makes it easy to understand what and how much to eat.

Food Guide Pyramid by USDA (1992)



However, since the pyramid has not been effective in reducing obesity and life-style related diseases in the USA, in 2010, Professor Walter Willet of Harvard University, currently the world's most prominent nutrition specialist, suggested the Healthy Eating Pyramid. He suggests that white rice should be reduced to the same low level as sugar and butter and replaces white rice and white bread with vegetable and fish oils.

The Healthy Eating Pyramid by Dr. W. Willet (2010)



Is this also desirable for Asians who eat a lot of rice?

Are high-oil meals likely to increase the obesity rate?

In upcoming articles, I would like to discuss the usefulness of this pyramid for people in Asia.

(by S. Yamamoto)