

# Should You Be Worried About the Levels of Arsenic in Brown Rice?

Despite warnings about the levels of arsenic in U.S rice potentially increasing cancer risk, a study by Harvard has shown that long term consumption of rice (white or brown) was not associated with a risk of developing cancer.

That being said, the levels of arsenic in brown rice has still been a cause for concern. Do the benefits of brown rice outweigh the risk?

*My Daily Dozen recommendation of at least three servings of whole grains a day was associated with a 10 percent lower risk of dying from cancer, a 25 percent lower risk of dying from heart attacks or strokes, and a 17 percent lower risk of dying prematurely across the board, whereas rice consumption in general was not associated with mortality and was not found to be protective against heart disease or stroke.*

*Do the Pros of Brown Rice Outweigh the Cons of Arsenic?*

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Many studies have found brown rice to have benefits. One study showed an improvement in insulin levels after five days of eating brown rice compared to white rice. Another study showed that eating a cup of brown rice a day could reduce weight, BMI, and diastole blood pressure.

You should be prioritizing fresh produce above grains in your diet to be as healthy as possible but you don't have to completely cut out brown rice. Lundberg Farms, in California, produces brown rice with low levels of arsenic and continues

to find ways to lower their arsenic levels further.

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