

White Rice vs Brown Rice (vsdiff.com)

Attribute (per 100g cooked)	White rice	Brown rice	Typical difference / notes
Energy	~120-140 kcal	~110-130 kcal	<i>Brown</i> often slightly lower by ~5-15% depending on grain and cook method
Carbohydrate	~27-30 g	~23-27 g	Similar overall; brown retains more complex fiber
Fiber	~0.3-0.6 g	~1.5-2.5 g	Brown typically contains 2-4x the fiber
Protein	~2.2-2.7 g	~2.5-2.8 g	Small difference; quality depends on variety
Fat	~0.2-0.4 g	~0.8-1.5 g	Brown contains more oil from the germ
Minerals (magnesium, manganese)	Lower; Mg ~10-15 mg	Higher; Mg ~30-45 mg	Brown retains bran/germ minerals lost in milling
Inorganic arsenic (approx.)	Lower to moderate	Often higher	<i>Brown</i> can retain more arsenic in the bran layer (varies by region)

Source: <https://vsdiff.com/white-rice-vs-brown-rice/>