








A grain of truth (about rice) - part 2

For more background information about microwave rice packs and to help you make the best choice, [read part 1](#) as well.

product and pack presentation size	composition per 125 g = 1 single tub or 'single serve' pouch of microwave rice								
	kilojoules (kJ)	protein (g)	fat total (g)	saturated fat (g)	carbohydrate (g)	sugars (g)	fibre (g)	sodium (mg)	gluten free
 Uncle Ben's Single Serve Brown Rice 1 x 125 g pouch	805	4.4	3.3	0.5	35.9	<1	n/s	8	gluten free
Uncle Ben's Single Serve White Rice 1 x 125 g pouch	814	4.5	1.3	0.3	46.5	<1	n/s	88	gluten free
Uncle Ben's Special Fried Rice Single Serve 1 x 125 g pouch	815	4.9	4	0.6	36	1.4	n/s	300	contains wheat
Uncle Ben's Single Serve Mexican Style Rice Serve One 1 x 125 g pouch	829	4.1	2.8	0.3	38.4	2.5	n/s	313	gluten free
Uncle Ben's Single Serve Brown Rice Mexican Style 1 x 125 g pouch	876	4.8	3.1	0.5	40	4	n/s	400	gluten free

Table Colour Codes:  Lower sodium choices  Gluten free choices  Higher fibre choices   Handy pantry choices

Information compiled from manufacturer's data available online and on shelves. Oct 2014 by Trudy Williams, Accredited Practising Dietitian FoodTalk.com.au










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SunRice Quick Cups Fragrant Jasmine Rice 2 x 125 g tubs	895	3.6	3.1	<1	41.9	<1	<1	<5	gluten free
 SunRice Quick Cups Brown Rice & Chia Steamed Rice 2 x 125 g tubs	1020	5.6	3.9	0.6	42.6	<1	7.1	<5	gluten free
 SunRice Quick Cups Fragrant Brown Rice 2 x 125 g tubs	885	4.1	4.5	<1	35.8	<1	5.1	<5	gluten free
 SunRice Lunch Break Brown Rice Cup 1 x 125 g tub	884	4.1	4.5	<1	35.8	<1	5.1	<5	gluten free
 Coles White Rice Cups Long Grain 2 x 125 g tubs	1250	3.8	1.5	0.4	67.5	0	4	0	gluten free
SunRice Global Kitchen Indian Style Spiced Rice 2 x 125 g tubs	858	5.4	5.1	0.8	32	1	4	456	gluten free

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 Coles Medium Brown Rice Cups 2 x 125 g tubs	1140	5.0	1.6	0.4	59.5	0	3.9	0	gluten free
SunRice Quick Cups Spanish Style Rice 2 x 125 g tubs	670	3.4	2.3	<1	29.5	3.4	3.5	550	contains wheat flour
SunRice Quick Cups Brown Rice & Quinoa Steamed Rice 2 x 125 g tubs	846	4.5	2.9	0.6	37.6	0.4	2.9	5	gluten free
Coles Basmati Brown Rice Cups 2 x 125 g tubs	975	4.1	2	0.5	50	0	2.8	66	gluten free
SunRice Quick Cups Stir Fry Brown Rice 2 x 125 g tubs	988	5.0	4.8	<1	41.5	3.6	2.6	700	contains wheat flour
SunRice Quick Cups Rice & Quinoa Steamed Rice 2 x 125 g tubs	743	3.8	2.6	0.5	33.1	0.3	2.4	5	gluten free

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SunRice Quick Cups Teriyaki Rice 2 x 125 g tubs	728	4.1	2.9	<1	31.3	6.3	2.4	750	contains wheat flour
SunRice Global Kitchen Middle Eastern Style Spiced Rice 2 x 125 g tubs	718	4.0	2.1	0.4	32.5	4.9	2.3	293	gluten free
SunRice Lunch Break White Rice Cup 1 x 125 g tub	724	3.3	3.4	<1	31	<1	2	<5	gluten free
SunRice Quick Cups White Long Grain Rice 2 x 125 g tubs	724	3.3	3.4	<1	31	<1	2	<5	gluten free GI 76
SunRice Lunch Break Stir-fried Rice Cup 1 x 125 g tub	913	4.3	5.9	1	35.8	2	1.9	560	contains wheat flour
SunRice Quick Cups Egg Fried Rice 2 x 125 g tubs	755	4.3	4.4	<1	29.8	2.1	1.9	550	contains wheat flour

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SunRice Quick Cups Basmati Rice 2 x 125 g tubs	894	4.1	2.6	0.8	34.8	<1	1.4	86	gluten free
SunRice Quick Cups Chicken Rice 2 x 125 g tubs	686	3.5	2.6	<1	30.5	1.8	1.4	700	contains wheat flour

About the author: Trudy Williams is an Accredited Practising Dietitian with FoodTalk. Her *“this=that: life-size photo guide to food serves”* books for adults and children are award-winning. The books are full of photos that show correct serve sizes. It’s much easier compare food serves and see the right serve when you see a life-size photo. Visit FoodTalk.com.au for more information.

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