

Preface

All over the world diet related non-communicable diseases are increasing at an alarming rate. The World Health Organization and other health authorities recommend following healthy eating behavior on a daily basis. In many countries, rice is a staple food, and brown rice is becoming its wholegrain counterpart. In this book, we have sincerely attempted to provide comprehensive coverage of brown rice in 16 chapters authored by experts in the field. This book is divided into six parts and covers various aspects of brown rice.

The first part explains in detail the milling process used to produce brown rice from paddy. The physical, chemical and engineering properties of brown rice and rice bran are elaborated on in the second part. The nutritional, medicinal and health benefits of brown rice and rice bran oil are covered in the third part. The glycemic value of brown rice is also explained through a comprehensive chapter in this part. The fourth part focuses on value addition to brown rice and describes products such as germinated brown rice. In the fifth part authors describe a novel storage method to extend the shelf life of brown rice and storage entomology of brown rice. Finally, the hurdles in brown rice consumption and opportunities and challenges in the marketing of brown rice are covered in the sixth part.

We believe this comprehensive collection will benefit students, scientists, nutritionists, dieticians, professionals in the rice industry, and many others. We are grateful to all the contributors for promptly submitting their chapters. We also thank the staff of the editorial and production departments of Springer for their unstinted support and efforts to bring about this book in its present form.

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