



AMOLI INTERNATIONAL

Since 2003

5 RICE NUTRITION FACTS AND HEALTH BENEFITS



ABOUT US

Amoli International is a leading International Business Consultant established in the year 2003. We offer the best quality agro-products at competitive prices. Our varied range of products has fulfilled the requirements of buyers from India and abroad. As exclusive International business consultants, we present several companies. We are well-specialized in Soybean acid oil.



LOW IN FAT, HIGH IN ENERGY

BALANCED ENERGY SOURCE

Rice is naturally low in fat, making it a heart-healthy choice.

Its high carbohydrate content provides a steady release of energy, supporting daily activities and overall vitality.



RICH IN CARBOHYDRATES

COMPLEX CARBOHYDRATES FOR SUSTAINED ENERGY

Carbohydrates in rice are primarily complex, offering sustained energy levels.

This macronutrient is crucial for fueling the body and maintaining optimal physical and mental performance.



DIETARY FIBER FOR DIGESTIVE HEALTH

PROMOTING DIGESTIVE WELLNESS

Rice, especially brown and whole-grain varieties, is a good source of dietary fiber. This promotes digestive health, aids in regular bowel movements, and supports a healthy gut.



ESSENTIAL VITAMINS IN RICE

VITAMIN ENRICHMENT

Rice contains essential vitamins, including B-complex vitamins like niacin and thiamine.

These play a crucial role in metabolism, energy production, and overall cellular function.



MINERAL POWERHOUSE - IRON AND MAGNESIUM

IRON AND MAGNESIUM BOOST

Rice is rich in iron, vital for oxygen transport in the blood, and magnesium, supporting muscle and nerve function.

These minerals contribute to overall health and well-being.





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THANK YOU



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