

Benefits of Basmati Rice.

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BENEFITS OF BASMATI RICE

Basmati Rice

Basmati is a variety of long, slender-grained aromatic rice which is traditionally grown in India.



Health Benefits of Basmati Rice

- Brain Health. The vitamin B1 in Basmati rice.
 may help your brain.
- Weight Loss. Whole grain Basmati rice.
 - May help in weight loss.
 - Digestive Health.
 - Heart Health.
- Diabetes Management.



