



## PAKISTAN BIOMEDICAL JOURNAL

<https://www.pakistanbmj.com/journal/index.php/pbmj/index>

Volume 5, Issue 2 (February 2022)



## Rice Bran; A Potential Commodity

Maria Aslam<sup>1\*</sup><sup>1</sup>University Institute of Diet and Nutritional Sciences UIDNS, The University of Lahore UOL, Lahore, Pakistan.\*[mnarz.aslam@gmail.com](mailto:mnarz.aslam@gmail.com), [maria.aslam@ahs.uol.edu.pk](mailto:maria.aslam@ahs.uol.edu.pk)

## ARTICLE INFO

**How to Cite:**Aslam, M. (2022). Rice Bran; A Potential Commodity. Pakistan Biomedical Journal, 5(2). <https://doi.org/10.54393/pbmj.v5i2.150>

Rice crop is cultivated in large amount worldwide and the outward layer of rice grain is bran that is the most important rice by-product. Rice bran and its oil carry bioactive components in large amount and these compound sare used to treat number of diseases and health defects, it is also used on industrial scalelike in cosmetics. Bio-active components like -Oryzanol, flavonoids, phytic acid, phenolics, phytic acid are present in rice bran. Rice wheat has incredible potential in the food business, particularly in the assembling of useful nourishments, such as active baking products. The fortified rice or its components are used as additives in number of food matrices such as pizza, cookies, bread, beverages, tuna oil, powdered beef and milk for practical and nutritious purposes. Rice bran can be used to develop low fat and high fibrous products of bakery. It is also used in meat emulsion and industrial batter mixtures. In incorporation to the physical well being that are provided by rice bran. Rice bran used as a high fiber diet can provide texture, firmness, emulsifying properties, gelling and certain stabilizing properties. Nourishments covered with a strong layer of rice regularly retain low fat during browning however the modest quantity of fat discovered normally in rice wheat fiber alsogo about as a flavor transporter. Boiled rice contains a lot of amino acids that are important for humans and because of it is used as a new nutritional constituent. Rice bran contains about ten-fifteen percent increased protein. The protein composition construct on rice bran can help control the disorders associated with a protein diet. In addition, unique anti cancer and hypoallergenic properties make rice bran protein higher than cereal protein. Owing to its noteworthy nutritive and helpful esteem, rice bran may upgrade well-being, as well as decrease the hazard of malady, giving well being benefits and progressing quality of life. Hence, rice bran can be considered a super nourishment and utilitarian nourishment. In any case, the genuine potential of utilitarian bran can be created utilizing un used biotechnological strategy.