Early to Rise Customer Support

I have questions about whether or not to eat rice What is the best kind, and how often is it to be allowed to be eaten, if one is trying to lose weight?

Kerri -- ETR Customer Support - 2020-02-20 - Chef Gui Eat More Burn More

Eating rice is not the best if you're trying to lose weight. However, rice is not created equal, and there are ways to select and cook it that makes it acceptable for weight loss. Only choose BROWN "Basmati", "Jasmine", "Texmati" or "Jasmati" rice. It's very important to choose brown rice because it adds much-needed fiber to your diet, thus reducing the weight gain impact.

Also, you want to make sure you rinse your uncooked rice with cold water before you start cooking it. That will remove starch for the rice.
Try NOT to overcook rice. Instead, try to keep it firm and al dente.

Finally, if you must have rice, make sure you pack it with additional vegetables, herbs, seeds, nuts, or anything that is going to add fiber to the dish.

I wrote an article about this, and you can read it here: http://www.earlytorise.com/how-to-cook-fat-burning--rice-recipe-inside-recipes/