

RICE AND MILK MAINTAIN THE IONIC HOMEOSTASIS

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ABSTRACT

Background: Nearly ten thousand varieties of the twenty known rice varieties is known today, of which we produce several types of *Oryza sativa* var. *japonica* in Europe. In 2011, coloured red and blue varieties were breeding in Hungary and allowed in domestic cultivation, which is recommended for consumption in medical diets for many diseases. These breaded varieties are slightly rounded, higher oil containing and harder than *Oryza sativa* var. *indica*. The production and consumption of rice has been going on nearly 14 thousand years which, due to the beneficial content of rice, we eat as the first child's food, the daily food of millions and we consume against the elderly diseases. Aim: In terms of its content, rice is complete compared to other cereals with a wide variety of vitamins, all essential amino acids, and comparable to raw milk values for all types of essential lipids and minerals. Vitamins and elements of raw brown rice were compared to raw milk. Discussion: In rice dishes is unbinding the macro- and micro elements from fibers to retain or restore ionic homeostasis e.g. in chronic diseases such as cancer processes, cardiovascular, kidney, sensorineural and nervous system diseases. In addition, they ensure the beneficial effects of microbiota in the intestinal tract, normal blood sugar levels, the function of immune and nervous system. The purpose of breeding „Medical rice” is to restore the injured function of ion and energy balance of the body in serious diseases, preventing fatal outcomes, especially consumption of organic rice.

Keywords: Rice, Milk, ionic homeostasis, Medical rice