

The Golden Crop from Sri Lanka



In Sri Lanka, rice is grown under a wide range of physical environments such as different elevations, soils and hydrological regimes. There is a wide range of climatic and soil conditions in the country. The annual rainfall ranges from 600 mm in the arid areas to 6,000 mm in the very wet areas. Elevation ranges from mean sea level (MSL) to 2,575 m above MSL and the average temperature ranges from 30 °C at the MSL to 15 °C at the upper most elevations. Rice lands are distributed in almost all the above agro-ecological environments except for elevations above 1,200 m MSL. Hence, compared to many other rice growing countries, Sri Lanka grows rice under a wide range of environmental conditions and offers rich and palatable rice.

This rich rice is offered currently for Private Label. The Nutritional values are offered based on the type of rice.

The Rice Mill is ISO 22000 (HACCP) certified.



Red Basmati -Soft & Rich

Red rice is generally more nutritious than white rice due to the presence of certain amount of rice bran which consists of protein, fat, minerals, vitamin B and dietary fiber even after polishing the rice.

As the red pigment is generally present only in the rice bran, red color can be used to detect whether the bran is present or not.

Glycemic index is comparatively lower in red rice than that in white rice so that red rice is good for diabetic and potentially diabetic people.

Nutritional Information	Average Value
Starch % -	74
Protein% -	8
Fat% -	3
Fiber% -	0.8
Ca (mg/100g) -	1.5
Fe (mg/100g) -	2.2
Vitamin B -	Rich

Red Blended Rice-Aromatic Rice & Highly Palatable

Nutritional Information	Average Value
Starch % -	80
Protein% -	7
Fat% -	2.5
Fiber% -	0.6
Ca (mg/100g) -	1.2
Fe (mg/100g)-	2.1
Vitamin B -	Rich