

THE RICE DIET

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What is the Rice Diet?

The rice diet consists of 200 to 300 grams of natural rice daily.

How is the Rice prepared?

The rice is boiled or steamed.

Is anything else added?

A little liquid and a little fruit are permitted.

Sometimes other grains, such as millet are included.

What is this diet used for?

This diet is used for heart complaints and obesity.

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