



大米 RICE



Rice is the seed of the grass species *Oryza sativa* (Asian rice) or, less commonly, *O. glaberrima* (African rice).

As a cereal grain, domesticated rice is the most widely consumed staple food for over half of the world's human population, particularly in Asia and Africa. It is the agricultural commodity with the third-highest worldwide production, after sugarcane and maize. Since sizable portions of sugarcane and maize crops are used for purposes other than human consumption, rice is the most important food crop with regard to human nutrition and caloric intake, providing more than one-fifth of the calories consumed worldwide by humans. There are many varieties of rice, and culinary preferences tend to vary regionally.

大米 (Rice) · 亦稱稻米 · 是稻穀經清理、曬谷、碾米、成品整理等工序後製成的食物。

大米為全球過半人口食用的主要食品 · 僅次於甘蔗及玉米 · 最多人食用的國家分布於亞洲與非洲 · 由於甘蔗及玉米用於人類其他消耗性產品以外的目的 · 因此就人類營養和熱量攝取而言 · 稻米是最重要的糧食作物 · 提供了全世界人類消耗熱量的五分之一以上。

Nutrition

Rice is the staple food of over half the world's population. It is the predominant dietary energy source for 17 countries in Asia and the Pacific, 9 countries in North and South America and 8 countries in Africa. Rice provides 20% of the world's dietary energy supply, while wheat supplies 19% and maize (corn) 5%.[17]

Cooked unenriched long-grain white rice is composed of 68% water, 28% carbohydrates, 3% protein, and 1% fat (table). A 100-gram (3+1/2-ounce) reference serving of it provides 540 kilojoules (130 kilocalories) of food energy and contains no micronutrients in significant amounts, with all less than 10% of the Daily Value (DV) (table). Cooked short-grain white rice provides the same food energy and contains moderate amounts of B vitamins, iron, and manganese (10–17% DV) per 100-gram serving (table).



Nutritional value per 100 g (3.5 oz)

Energy	130 kcal (540 kJ)	
Carbohydrates	28.1 g	
Sugars	0.05 g	
Dietary fiber	0.4 g	
Fat	0.28 g	
Protein	2.69 g	
Vitamins	Quantity	%DV†
Thiamine (B ₁)	0.02 mg	2%
Riboflavin (B ₂)	0.013 mg	1%
Niacin (B ₃)	0.4 mg	3%
Pantothenic acid (B ₅)	0 mg	0%
Vitamin B ₆	0.093 mg	7%
Folate (B ₉)	0 µg	0%
Minerals	Quantity	%DV†
Calcium	10 mg	1%
Iron	0.2 mg	2%
Magnesium	12 mg	3%
Manganese	0 mg	0%
Phosphorus	43 mg	6%
Potassium	35 mg	1%
Sodium	1 mg	0%
Zinc	0.049 mg	1%

營養價值

大米中含碳水化合物 75%左右，蛋白質 7%-8%，脂肪 1.3%-1.8%，並含有豐富的 B 族維生素等。大米中的碳水化合物主要是澱粉，所含的蛋白質主要是米穀蛋白，其次是米膠蛋白和球蛋白，其蛋白質的生物價和氨基酸的構成比例都比小麥、大麥、小米、玉米等禾穀類作物高，消化率 66.8%-83.1%，也是穀類蛋白質中較高的一種。



各種米的營養成分(100g 可食部分)分析表

	熱量 (大卡)	蛋白質 (g)	脂肪 (g)	糖類 (g)	纖維 (g)	鈣 (mg)	磷 (mg)	鐵 (mg)	維生素 B1(mg)	維生素 B2(mg)
糙米↕	340	6.7	2	75.4	0.3	21	280	1.5	0.3	0.05
胚芽米-在來種↕	366	7.2	3.6	75.4	0.6	24	178	3.4	0.34	0.17
胚芽米-蓬萊種↕	369	6.8	4.8	74.2	0.8	21	152	1.6	0.31	0.11
白米↕	354	6.5	0.5	78.1	0.3	15	151	0.6	0.11	0.04
米飯↕	158	2.8	0.4	34.5	0.1	4	51	0.9	0.01	0.01
糯米↕	354	6.5	1.2	76.8	0.2	8	120	2.2	0.13	0.04

List of countries by rice production

Rice production – 2020	
Country	Millions of tonnes
China	211.9
India	178.3
Bangladesh	54.9
Indonesia	54.6
Vietnam	42.8
Thailand	30.2
Myanmar	25.1
Philippines	19.3
Brazil	11.1
Cambodia	11.0
World	756.7



主要產地：

地區	稻作面積 (公頃)	生產量 (稻穀·公噸)
全球	153,511,755	614,654,895
非洲	9,130,990	18,565,960
亞洲	135,657,614	556,018,828
歐洲	565,249	3,235,900
北美洲與中美洲	2,061,010	12,431,243
大洋洲	58,300	451,300
南美洲	6,038,592	23,951,664

資料來源：農業統計資料庫 [\[失效連結\]](#)

CNS國家標準規格白米分級

類型	等級	性狀	最高限度 %							
			水分	夾雜物	稻穀	熱損害粒	被害粒	異型粒	碎粒	白粉質粒
粳型 (圓米)	一等	米粒 充實 飽滿	14.5	0.1	0.0	0.1	1	1	5	5
	二等		14.5	0.2	0.0	0.3	2	3	10	10
	三等		14.5	0.3	0.1	0.5	4	5	15	15
秈型 (長米)	一等	粒形 均一	14.5	0.1	0.0	0.1	1	1	10	5
	二等		14.5	0.2	0.0	0.3	2	3	15	10
	三等		14.5	0.3	0.2	0.5	4	5	20	15

資料來源：農委會農糧署