

Is Artificial Rice Bad for You?

Detail Introduction :

The food processing industry has not only been mechanised, but has also developed many new products such as artificial rice.

Artificial rice was born in response to the development trend of society. Nowadays, people generally pursue a healthy diet, and it is difficult to achieve balanced nutrition in the daily diet.

However, many consumers have shown a sceptical attitude towards artificial rice, as they believe that artificially produced rice is far inferior to naturally grown rice and can even be harmful to the human body. Is artificial rice bad for you?

Many people think that artificial rice is harmful because they think it is made of plastic. On the contrary, artificial rice is made from very nutritious ingredients and fortified with nutritional supplements, which is not harmful to the human body, but rather very friendly to it.



The main raw materials used in the production of artificial rice are rice, millet, corn, konjac and other ingredients, which are added with nutritional fortification. The advanced extrusion technology used in the production process not only preserves the rich nutrients in the raw materials of artificial rice, but also allows the taste of artificial rice to be different from that of ordinary rice, which is also full of flavour and brings a lot of pleasure.

The nutritional content of artificial rice is very high and is rich in many essential trace elements such as carotene, vitamin B1, vitamin B2, riboflavin, calcium, magnesium and iron, etc. The vitamin content is several times higher than that of ordinary rice and wheat, making it a very useful new staple food for modern people.

It can be cooked in the same way as ordinary rice and does not require any complicated cooking. However, the nutritional content of artificial rice is very high in the same way, even if we do not have a balanced diet, such as fruits and vegetables, meat, eggs and milk, etc., artificial rice can also provide a wide range of nutrients.

Most importantly, artificial rice is very easy to store, has a longer shelf life and does not regenerate. When stored and eaten again, it still tastes similar to freshly cooked rice, which is impossible to achieve with ordinary rice.



The production of artificial rice is a complex process and only the most advanced production technology is used to ensure that the artificial rice produced is nutritious and tasty to the public. This is why many food processing plants are now using Artificial Rice Making Machines.

This is a new type of food machine, made of food-grade stainless steel, durable and not easy to damage. It is a long-lasting, and fully automated production method, with very high production efficiency, can be produced in a variety of types of artificial rice, very wide range of use.

The emergence of the Artificial Rice Making Machine has brought tremendous productivity to many food processing plants, and has allowed the food processing industry to take another big step forward.

