

# **A TRADITIONAL RECIPE TO MINIMIZE THE ARSENIC BURDEN OF COOKED RICE**

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## **ABSTRACT**

Arsenic contamination of rice owing to the use of contaminated groundwater for irrigation and arsenic in the soil poses a threat of dietary exposure to population dependent on subsistence rice-diets. Applying three major rice cooking procedures followed globally, here we demonstrate, cooking contaminated rice with low-As water, following the traditional method of the Indian subcontinent, eliminates maximum amount of (upto 57%) of the total arsenic from raw rice, significantly reducing the risk of arsenic ingestion through contaminated rice grains.