

**PLASTIC RICE
& HOW to
GET RID
YOURSELF OF**

5 Ways To Identify Plastic Rice To Rid Yourself Of The Recent Plastic Rice Scare

The recent news of 'plastic rice' being offered in the hotels of the twin cities of Hyderabad and Secunderabad and multiple videos of plastic rice going viral on social media have created quite a scare.

After a local journalist for Telangana claimed that he was served Biryani made of plastic rice by a hotel in Saroornagar, a number of people from other parts of the country have come forward alleging that the rice they bought from a local grocery store turned out to be plastic as well.

Plastic rice looks very similar to regular rice but is loaded with chemicals.

Plastic rice is made up of chemicals like phthalates that can hamper your hormonal and reproductive system. Once they enter your system there might be very little you can do to get it out of your system.



Fortunately, there are some simple ways you can identify plastic rice from real rice at the comfort of your home. Here's how you can without using chemicals:



Boiling test

The simplest way is to observe the rice. If it ends up forming a thick layer at the top of your container, it's plastic.



Water test

Drop a glass of raw rice inside a glass of water and stir it. If it surfaces it's plastic, as real rice cannot float.



Fire test

Burn a handful of rice with a lighter to see if it smells anything like burning plastic.



Hot oil test

Drop some rice into a pan with extremely hot oil (at least around 200 degrees). Plastic rice will melt and form a sticky layer at the bottom.



Fungus test

Put some of your boiled rice in a container and leave it there for 3 days. If you do not see fungus or mould in it by then it could very well be plastic.





A hand is shown holding a pile of black rice grains, which are circled in red. The hand is positioned over a green plate that contains a mixture of white and black rice. To the right, there is a white bowl filled with white rice and a white plate filled with black rice. The background is a dark brown surface.

PLASTIC RICE TEST

HOW TO FIND PLASTIC RICE

ANI



‘Plastic rice’ shock residents

Nairaland Forum



Plastic rice, burning smell, produce fake rice, investigate

