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### **STATEMENT ON RISK ASSOCIATED WITH ARSENIC AND RICE**

Arsenic is a ubiquitous natural substance that occurs in several forms. In water it is present mostly as inorganic arsenic, which is the form that has been associated with certain health effects when present at high levels. In foods, including rice, arsenic is present in the inorganic form and in various organic forms. Organic forms of arsenic do not pose a toxic risk for humans. Extensive studies in humans, animals, and in cells show that inorganic arsenic causes toxicity only when consumed at very high levels. Exposure to inorganic arsenic at levels we see in the United States pose no public health risk.

Inorganic arsenic is present in rice at levels considerably below any estimated threshold. Supporting a lack of health risk from rice consumption are the results of recent studies funded by the National Institutes of Health (NIH) from the United States, involving more than 200,000 people.<sup>1</sup> Potential risks of cardiovascular disease and cancer risks were evaluated. No effect related to rice consumption was detected, even in individuals, such as Japanese and Chinese, who consumed large amounts of rice every day as a staple of their diet. A similar study was reported from Japan, also showing no health risk.<sup>2</sup> The strong scientific data supporting a threshold effect for inorganic arsenic on health effects combined with extensive epidemiology studies clearly support the safety of rice consumption in the United States, even when consumed daily.

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<sup>1</sup>[Muraki et al, American Journal of Clinical Nutrition, "Rice consumption and risk of cardiovascular disease: results from a pooled analysis of 3 U.S. cohorts"](#)

<sup>2</sup>[Sawada et al, "Dietary arsenic intake and subsequent risk of cancer: the Japan Public Health Center-based \(JPHC\) Prospective Study," \(2013\)](#)