




Healthy Rice Bowls to Boost Folic Acid Intake

USA Rice suggests using **Healthy Rice Bowls** to help reach daily folic acid intake goals of 400 mcg. Folic acid in enriched rice is one of the most easily absorbed sources of this important nutrient in the diet.



- **Healthy Rice Bowls** make it easy to include healthy foods, in the right amounts, for a balanced diet.
- With rice as the foundation, you are well on your way to meeting many *U.S. Dietary Guidelines* and *MyPyramid* recommendations in one delicious and satisfying dish.
- See below for tips on how to build **Healthy Rice Bowls** to meet calorie needs and nutritional goals for yourself and your family.*

HOW-TO	BENEFITS
<p>Step 1</p>  <p>Make Rice the Foundation: Each Cup Equals 2 Grain Servings</p> <p>TRY: Enriched white rice or whole grain brown rice</p>	<p>Healthy Rice Bowls Help Reach Daily Folic Acid Goals</p> <ul style="list-style-type: none"> • Just 1 cup of cooked enriched rice delivers 92 of the daily recommended 400 micrograms of folic acid, 23% of the Daily Value (DV). <p>Brown & White Rice</p> <ul style="list-style-type: none"> • Complex carbohydrates • Low-calorie, low-sodium, cholesterol-free • No saturated fat, no trans fat
<p>Step 2</p>  <p>Pack in Perfect Produce: Each Cup Equals 2 Produce Servings</p> <p>TRY: Dark leafy greens like spinach, mustard greens, or collards</p>	<p>Rice offers Versatility, Value and Variety</p> <ul style="list-style-type: none"> • Rice partners perfectly with other healthy foods <ul style="list-style-type: none"> ○ Try adding a cup of fruit (e.g. diced pineapple, seasonal berries) ○ Try new proteins (e.g. salmon, beans) • Rice offers great value for the food dollar at just 10 cents a serving <ul style="list-style-type: none"> ○ One pound of uncooked rice makes over two pounds of cooked ○ Try replacing ¼ meat with cooked rice in hamburgers, meatloaf, and meat balls
<p>Step 3</p>  <p>Add Lean Protein to Balance the Meal: Add 2-3 ounces (1 ounce = 1 serving)</p> <p>TRY: Lean protein, lentils, beans, eggs, nuts</p>	<p>Delicious and Satisfying with Sauces, Herbs & Spices</p> <ul style="list-style-type: none"> • Marinate fish and poultry with citrus like lemon, lime and orange to bring out flavor • Marinate lean meats with your favorite vinegar, and cook with onion and garlic for a great taste • Basil, dill, parsley, rosemary, mustard and sage go great with beef, poultry and fish • Use cilantro for Asian or Mexican-inspired rice bowls

* The *Healthy Rice Bowl* featured here is based on a 2,000 calorie per day diet. Consult MyPyramid.gov to find your daily needs.

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