

# Think Rice, THINK POWERFUL NUTRITION



Lemon & Fresh Herb Rice Salad

## What rice has done for you lately...

**GLUTEN-FREE!** Rice is naturally gluten-free and the least allergenic of all grains, making it a healthy grain choice for people with gluten intolerance or other food sensitivities.

**PLANT-BASED PROTEIN!** When combined with beans, it delivers eight essential amino acids in a high quality plant-based protein dish.

**MAKES YOU HAPPY!** Eating rice triggers your brain to produce serotonin, which helps regulate and improve mood, and even keeps your appetite in check.

Whether you want to improve your nutrition, lose weight, boost your energy, or simply nourish your body, rice can help you achieve your goals.

## This tiny, but mighty, grain packs a serious nutritional punch

Provides more than **15 ESSENTIAL VITAMINS AND MINERALS**, including folic acid, B vitamins, potassium, magnesium, selenium, and fiber (brown rice), as well as iron and zinc. It's also naturally sodium- and cholesterol-free.

Approximately **100 CALORIES PER HALF CUP SERVING**.

A good source of energy, providing complex carbohydrates that **FUEL THE BODY AND BRAIN**.

One half cup of cooked brown, wild, black, red, or purple rice is equivalent to **ONE WHOLE GRAIN SERVING**.



It's the perfect partner on MyPlate because it pairs well with other healthy foods such as vegetables, lean meat, seafood, beans, fruit, nuts, and soy foods.

## WHAT ELSE?

Research suggests that people who eat rice tend to have healthier diets than people who do not eat rice. Rice eaters:

- Consume higher amounts of nutrients, more fruits and vegetables, and less added sugar and fat
- Are more likely to eat a diet consistent with the U.S. Dietary Guidelines for Americans
- Are less likely to be overweight
- Have a 34% reduced risk of high blood pressure
- Have a 21% reduced risk of metabolic syndrome – a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke

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## Wow, white rice!

Enriched white rice has added thiamin, niacin, and iron to restore nutrients after processing. And, enriched white rice is fortified with folic acid, a B vitamin that the body needs to make new cells - most notably, it helps protect against birth defects when consumed by expectant moms.

### DIVERSIFY YOUR RICE TO REAP ALL THE BENEFITS!



= 23% of the recommended daily value (DV) of folic acid (DV = 400 micrograms).

2X

more folic acid than brown rice



public health  
achievements

According to the Centers for Disease Control and Prevention (CDC), consumption of enriched grain foods, not prenatal supplements, is responsible for the 36% decline in prevalence of neural tube defects. This is no small feat - the CDC named the folic acid fortification of grains in reducing neural tube birth defects one of the top 10 public health achievements in the first decade of the 21<sup>st</sup> century.



Not making babies? No problem. Emerging research suggests that folic acid may also play a role in improving cardiovascular health and congenital heart defects, healthy aging, and overall health. Investigations continue in this area.

### Mediterranean Eggplant, Artichoke and Feta Rice Salad



**Nutritional Information:** Calories 270, Total Fat 14g, Cholesterol 10mg, Sodium 500 mg, Carbohydrates 31g, Fiber 5g, Protein 7g

#### INGREDIENTS (MAKES 6 SERVINGS):

- 1 medium eggplant, cut lengthwise into 1/2-inch slices
- 2 tablespoons vegetable oil
- 3 cups cooked long grain white rice, cooled
- 1 (6-ounce) jar marinated artichoke hearts, drained and coarsely chopped, liquid reserved
- 1/2 cup pitted Kalamata olives, chopped
- 1/4 cup fresh basil leaves, sliced
- 1 (4-ounce) package crumbled feta cheese with basil and tomato
- Salt and pepper, to taste

**DIRECTIONS:** Preheat broiler. Brush eggplant slices with oil. Broil 4 inches from heat source for 12 to 15 minutes, turning once, until tender and lightly browned; cool. Cut eggplant into 1-inch pieces and place in large bowl. Add rice, artichoke hearts, olives and basil. Combine reserved liquid from artichoke hearts and feta cheese. Drizzle over salad and gently toss to coat. Season with salt and pepper to taste.