

Kids Who Eat Rice Have Healthier Diets

Rice is a tiny, but mighty, nutrient-packed grain that fits within the nutrition recommendations of the U.S. Dietary Guidelines for Americans and is MyPlate-approved. This healthy, wholesome grain can be served right beside nutrient-dense vegetables, fruit, and proteins at every meal.

American children don't eat enough of these important foods recommended by the 2020-2025 Dietary Guidelines for Americans (DGA): whole grains, vegetables, and fruits.¹

ONLY 3% OF KIDS eat enough whole grainsⁱⁱ

JUST 7% OF KIDS eat enough vegetablesⁱⁱⁱ

LESS THAN HALF OF KIDS (40%) eat enough fruitⁱⁱⁱ



Too many kids are overweight and undernourished

- In the U.S., 41% of children and adolescents are overweight or have obesity¹
- Kids' and teens diets are most frequently lacking in vitamin D, folate, vitamin B6, vitamin B12, calcium, potassium, magnesium, iron, and dietary fiber¹

The **2020-2025 Dietary Guidelines for Americans** recommends that at least half of total grains should be whole grains which contain the entire grain kernel – the bran, germ, and endosperm. Whole grain brown rice, wild rice, and enriched white rice are all part of a healthy dietary pattern and are included in the USDA's MyPlate grain group.^{1, v}

References

¹ United States Department of Agriculture (USDA). Scientific Report of the 2020 Dietary Guidelines Advisory Committee. https://www.dietaryguidelines.gov/sites/default/files/2020-07/ScientificReport_of_the_2020DietaryGuidelinesAdvisoryCommittee_first-print.pdf. Accessed June 28, 2022.

ⁱⁱ Reicks M, Jonnalagadda S, Albertson A, Joshi N. Total dietary fiber intakes in the U.S. population are related to whole grain consumption: results from the National Health and Nutrition Examination Survey (NHANES) 2009 to 2010. *Nutr Res.* 2014;34(3):226-234.

ⁱⁱⁱ Centers for Disease Control (CDC). Children eating more fruit, but fruit and vegetable intake still too low. <http://www.cdc.gov/media/releases/2014/p0805-fruits-vegetables.html>. Accessed June 28, 2022.

^v Nicklas TA, O'Neil C, Fulgoni V. Rice consumption is associated with better nutrient intake and diet quality in adults: National Health and Nutrition Examination Survey (NHANES) 2005-2010. *Food Nutri Sci.* 2014;5(6):525-532. <http://dx.doi.org/10.4236/fns.2014.56062>

^v United States Department of Agriculture (USDA). ChooseMyPlate.gov. <http://www.choosemyplate.gov/>. Accessed June 28, 2022.



Kids who eat rice have better diets and higher nutrient levels

CHILDREN WHO REGULARLY EAT RICE TEND TO^{iv}:

- Eat more fruits and vegetables, especially dark green and orange vegetables
- Consume more beans and total grains
- Eat a diet higher in vitamin A, vitamin D, folate, magnesium, iron, vitamin B12, thiamin, niacin, and zinc

Rice is naturally sodium-, cholesterol-, and gluten-free and contains no saturated or trans fats! On top of that, rice is a source of more than 15 essential vitamins and minerals including, folic acid, B vitamins, potassium, magnesium, selenium, fiber, iron, and zinc.

Rice is kid-approved! By creating delicious and easy rice recipes like these, you can include more nutritious vegetables, fruits, legumes, nuts, and seafood in kids' diets. Find more recipes on thinkrice.com

- ✓ [Layered Black Bean and Rice Casserole](#)
- ✓ [Vegetarian Fried Rice Stir Up](#)
- ✓ [BLT Breakfast Rice Bowl](#)
- ✓ [Chilled Breakfast Fruity Rice](#)
- ✓ [Teriyaki Chicken and Edamame Rice Bowl](#)
- ✓ [Creamy Cheesy Chicken Rice Casserole](#)