

SIX FACTS ABOUT U.S. RICE & FOOD SAFETY



There are thousands of things to know about food safety, here are six about U.S. rice.

1 U.S. Rice Meets Domestic & International Regulatory Standards

Arsenic in rice for baby food is already regulated. The U.S. Food and Drug Administration (FDA) set an action level of 100 parts per billion (ppb) for inorganic arsenic in infant rice cereal¹. The World Health Organization (WHO) and the Food and Agricultural Organization of the United Nations (FAO) set limits of 200 ppb for white rice and 350 ppb for brown². The U.S. rice industry meets these standards.

2 U.S. Rice Has the Lowest Levels of Inorganic Arsenic

The WHO and FAO have concluded rice grown in the U.S. has the lowest levels of inorganic arsenic of the more than 40 rice-producing countries tested, including India³.

3 Infant Rice Cereal Leads to Better Nutrient Intake

National Health and Nutrition Examination Survey (NHANES) data show that consumption of infant rice cereal in the 0-24-month population was linked to better nutrient intake, which leads to better overall health and lower risk of disease⁴. In fact, the *2020-2025 Dietary Guidelines for Americans* recommends infant rice cereal consumption⁵.

4 Whole Plate Approach

Regulators and end users should take a whole diet/plate approach. Arsenic can be found in just about everything that grows in the ground, in fact, the number one source of arsenic in American diets is fruits and vegetables⁶.

“Rice is not only safe to consume, it is recommended as one way to meet the grain recommendation. If consumers were to avoid foods because they contain natural arsenic they would have to avoid fruits, vegetables...as they provide over half the dietary arsenic and grains which provide another 30 percent.”

– Julie Miller Jones, PhD, CNS, CFS

5 Health Experts Recommend Rice

Grains, such as rice, are highly recommended as a part of a healthy diet to reduce the risk of heart disease, support healthy digestion, and help with weight management⁵.

6 An Unparalleled Commitment to Food Safety

The U.S. rice industry remains committed to providing healthy and nutritious food to consumers and will continue to work with farmers and processors, as well as regulatory agencies, to provide accurate and transparent information about all aspects of U.S. rice and rice products.

¹ U.S. Food and Drug Administration. *Guidance for Industry: Action Level for Inorganic Arsenic in Rice Cereals for Infants*. August 2020. <https://www.fda.gov/media/97234/download>

² CODEX Alimentarius. Maximum level of inorganic arsenic in husked rice. June 2016. <http://www.fao.org/fao-who-codexalimentarius/roster/detail/en/c/421755/>

³ Codex Committee on Contaminants in Foods. (2012). Proposed Draft Maximum Levels for Arsenic in Rice. CX/CF/12/6/8. <http://dx.doi.org/10.13140/RG.2.1.3879.0884>

⁴ Nicklas, T. A., O'Neil, C. E., & Fulgoni, V. L., 3rd (2020). Nutrient intake, introduction of baby cereals and other complementary foods in the diets of infants and toddlers from birth to 23 months of age. *AIMS Public Health*, 2020, 7(1): 123-147. <https://doi.org/10.3934/publichealth.2020012>

⁵ U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

⁶ Xue, J., et al. (2010). Probabilistic Modeling of Dietary Arsenic Exposure and Does and Evaluation with 2003-2004 NHANES Data. *Environmental Health Perspectives*, Volume 118, No.3. <https://ehp.niehs.nih.gov/doi/pdf/10.1289/ehp.0901205>

