10 reasons to eat RICE GROWN IN THE USA

1. LOCALLY GROWN

When you choose U.S.-grown rice, you are reducing your food miles.

85% of the rice we eat in the USA is grown by American farmers.

2. LOVE FOR THE ENVIRONMENT

American rice farmers have a longstanding commitment to protect and preserve natural resources. Today, U.S. rice farmers produce more rice using less land, energy, and water than they did 20 years ago – with no GMOs.

Working rice fields provide critical wildlife habitat for many species of birds, mammals, and reptiles.

3. NUTRIENT-RICH

Rice provides more than 15 vitamins and minerals, and beneficial antioxidants.

4. ENERGY BOOST

Keep your engine revved throughout the day with rice! It's a good source of complex carbohydrates, providing the fuel your body and brain need to function.

5. HEALTHY WEIGHT MANAGEMENT

Research shows that eating rice makes you feel full longer and people who eat rice are less likely to be overweight.

6. HEART HEALTH

Whole grains, such as brown rice, help reduce the risk of heart disease, diabetes, and certain cancers. Rice eaters have a lower risk of high blood pressure.

7. GLUTEN-FREE

Rice is one of the least allergenic grains, making it a healthy option for those that are gluten-intolerant or have food sensitivities.

8. BUDGET-FRIENDLY

9. IT'S A "FREE" FOOD

U.S.-grown rice is...

sodium-cholesterol-gluten- and GMO-free.

10. IT MAKES YOU HAPPY!

Eating rice triggers your brain to produce serotonin, which boosts mood and keeps appetite in check.

THINK RICE U.S.-GROWN

USA Rice Federation • www.thinkrice.com