

30 tweets

FOR NATIONAL RICE MONTH AND BEYOND



1 September is National Rice Month! Come in today for your favorite US-grown rice! [#ThinkRice](#) [@think_rice](#)

2 Spice up dinner w/ [@think_rice](#) Indian-Spiced Shrimp on Coconut-Pineapple Rice [#ThinkRice](#) <http://bit.ly/1JrdLhe>

3 85% of the rice we eat is US-grown! Farmers in AR, CA, LA, TX, MS & MO grow 18 billion lbs. of rice each year [#ThinkRice](#) [@think_rice](#)

4 Cooking tip: when making rice, try a rice cooker for easy prep & to keep rice warm until ready to serve [#ThinkRice](#) [@think_rice](#)

5 [#ThinkRice](#) if you're looking to add more whole grains to your plate; try brown, red, black, or wild rice [@think_rice](#)

6 Rice is a perfect 10 – it's healthy, versatile, and budget-friendly! [#ThinkRice](#) [@think_rice](#)

7 Did you know that rice sustains the environment? Working rice fields provide safe, critical habitat for wildlife, like migratory ducks and geese. [#ThinkRice](#) [@think_rice](#)

8 September is National Rice Month so [#ThinkRice](#) when you're shopping for simple, nutritious, sustainable foods [@think_rice](#)

9 9 in 10 Americans don't eat enough whole grains; 1 cup cooked brown rice = 2 of 3 recom'd daily servings. So dig in! [#ThinkRice](#) [@think_rice](#)

10 Naturally sodium-, cholesterol-, trans fat-, and gluten-free, rice helps you meet guidelines for a healthful diet [#ThinkRice](#) [@think_rice](#)

11 Complex carbs, such as rice, supply energy to fuel your body and brain. Remember: 6 servings a day! [#ThinkRice](#) [@think_rice](#)

12 Dinner idea: [@think_rice](#) Apple-Sage Wild Rice Stuffing - A healthy side dish, perfect for fall [#ThinkRice](#) <http://bit.ly/1C74vPG>

13 Dinner idea: Gluten-free chili! Rice is naturally gluten-free and the least allergenic grain. <http://bit.ly/1LCQ3B> [#ThinkRice](#) [@think_rice](#)

14 Cooking tip: When making rice, double up. Rice keeps in the fridge for up to 5 days or frozen up to 6 months. [#ThinkRice](#) [@think_rice](#)

15 Need a [#MeatlessMonday](#) recipe? [#ThinkRice](#)! Try Mediterranean Eggplant, Artichoke & Feta Rice Salad <http://bit.ly/1Hw9jAf> [@think_rice](#)

16 One cup cooked enriched white rice has 23% of the folic acid you need every day. [#ThinkRice](#) [@think_rice](#)

17 Did you know there are 29,000+ grains of rice in one pound of long grain rice? [#ThinkRice](#) [@think_rice](#)

18 Rice is just 10 cents a serving! Pair with beans, lean protein or veggies for a low-cost, healthy meal [#ThinkRice](#) [@think_rice](#)

19 Eating rice triggers your brain to produce serotonin, which boosts mood and keeps appetite in check. [#ThinkRice](#) [@think_rice](#)

20 Hosting the Big Game? Impress a crowd with Salsa Rice Bites - an easy party favorite! [#ThinkRice](#) [@think_rice](#) <http://bit.ly/1GNfUAJ>

21 Did you know wild rice is not really rice? It's a semi-aquatic grass species native only to North America! [#ThinkRice](#) [@think_rice](#)

22 Eating whole grains such as brown rice helps reduce the risk of heart disease, diabetes, & certain cancers. [#ThinkRice](#) [@think_rice](#)

23 Take your taste buds to Italy with Tomato & Lemon Risotto made with US-grown Arborio rice <http://bit.ly/1C75AqT> [#ThinkRice](#) [@think_rice](#)

24 No dinner plans? We've got you covered with [@think_rice](#) recipe: Brown Rice w/ Sizzling Chicken & Veggies <http://bit.ly/1ehH0lp> [#ThinkRice](#)

25 Ever try US-grown jasmine or basmati rice? They have a distinct natural aroma and flavor – yum! [#ThinkRice](#) [@think_rice](#)

26 Fun Fact: Rice fields aren't just used to grow rice. Flooded rice fields in LA are often used to grow crawfish. [#ThinkRice](#) [@think_rice](#)

27 Rice is nutrient-dense & gives you 15 vitamins & minerals, including folate, B vitamins, iron & zinc [#ThinkRice](#) [@think_rice](#)

28 Start the week off right w/ lean protein & whole grains: Teriyaki Chicken & Edamame Rice Bowls <http://bit.ly/1g9mE5z> [#ThinkRice](#) [@think_rice](#)

29 Got a sweet tooth? Whip up some Creamy Rice Pudding with Gingered Berries for dessert [#ThinkRice](#) [@think_rice](#) <http://bit.ly/1Hw9UIs>

30 It's the last day of National Rice Month, but you can [#ThinkRice](#) year-round – a sustainable food that works for all seasons! [@think_rice](#)

