



# U.S. RICE nutrition facts

If you're looking to improve your overall nutrition, manage weight, or help prevent chronic diseases, Think U.S.-Grown Rice.

Whether you prefer enriched white rice or the nutty taste of whole grain brown rice, the good news is that they both have a place in a balanced diet. And at just 10 cents per serving, rice is the affordable partner on your plate, pairing well with other healthy foods such as beans, seafood, lean protein, vegetables, and fruits.

## U.S. Rice is a naturally nutritious carbohydrate:

- Has approximately 100 calories per half-cup cooked serving
- Is sodium-, cholesterol-, trans fat, and GMO-free
- Is gluten-free and the least allergenic of all grains
- Has only a trace of fat and no cholesterol-raising trans fats or saturated fat
- Is nutrient-rich and contributes more than 15 vitamins and minerals, including folic acid and other B-vitamins, as well as iron and zinc
- Is comprised of complex carbohydrates that are more slowly digested and provides energy that fuels the body's physical activity

U.S.-grown rice provides a foundation for healthier eating for diverse dietary patterns and lifestyles. In fact, research shows that rice eaters:

- Are more likely to eat a diet consistent with the U.S. Dietary Guidelines for Americans
- Consume more nutrients, such as folic acid, potassium, and iron
- Are less likely to be overweight
- Have a 34% reduced risk of having 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

So before you check out at the grocery store, be sure to Think Rice— it's the smart way to eat!

For more information on the health benefits of rice, and great-tasting recipes, visit [www.thinkrice.com](http://www.thinkrice.com)



## Brown Rice with Sizzlin' Chicken & Vegetables

Makes 4 servings

### Ingredients:

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| 3 cups hot cooked brown rice                        | 2 cloves garlic, minced  |
| 3 tbsp low-sodium soy sauce                         | 1 small white onion, cut into small wedges (about 1/8-inch thick wedges) |
| 1/4 cup water                                       | 3 medium carrots, peeled and thinly sliced diagonally (1 cup total)      |
| 1 tbsp honey  | 1 1/2 cups small broccoli florets  |
| 1 tbsp cornstarch                                   | 1 medium red bell pepper, cut into 1-inch pieces                         |
| 1 1/2 tbsp canola or corn oil                       |  |
| 1 lb boneless chicken breast, cut into 1-inch cubes |  |

**Directions:** In small bowl, mix soy sauce, water, honey, and cornstarch; set aside. Heat oil in a wok or large skillet. Add garlic; sauté about one minute until garlic is golden. Add chicken; cook about 5-6 minutes, then push chicken to the side. Add onions to center of skillet; cook until slightly tender and push to the side. Continue with carrots, broccoli, and peppers separately, placing each in the center of pan, cooking until slightly tender and pushing to the side. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

**Nutrition Facts:** Calories – 490; Fat – 10g; Sodium – 680mg; Carbohydrate – 61g; Dietary Fiber – 6g; Protein – 39g

