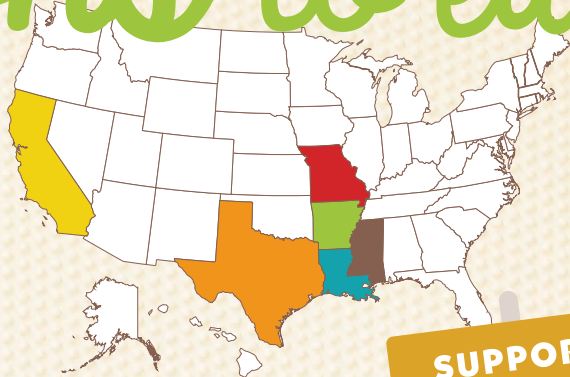


10 reasons to eat RICE GROWN IN THE USA



**SUPPORT
LOCAL
GROWERS!**

1. **LOCALLY GROWN**

When you choose U.S.-grown rice, you are reducing your food miles and supporting family farms.

2. More than **80%** of the rice we eat is grown right here in the USA.

ENVIRONMENTALLY-FRIENDLY

U.S. rice farmers have a longstanding commitment to protect and preserve the environment. Today, farmers' fields provide a critical natural habitat to a complex web of birds, crawfish, amphibians, fish and reptiles that would cost more than

\$3.4 billion to replicate.

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. **SUSTAINABLE**

U.S. rice farmers are dedicated to preserving the land for future generations.

Over the past 30 years, farmers have reduced the amount of water needed to grow rice by **52%**, the amount of greenhouse gasses emitted by **40%**, and the amount of land needed to grow rice by **39%** all without the use of GMOs.

8. **BUDGET-FRIENDLY**



9. **IT'S A "FREE" FOOD**



As one of the least allergenic grains, U.S.-grown rice is gluten-free, sodium-free, cholesterol-free, and GMO-free.

10. **IT MAKES YOU HAPPY!**

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

