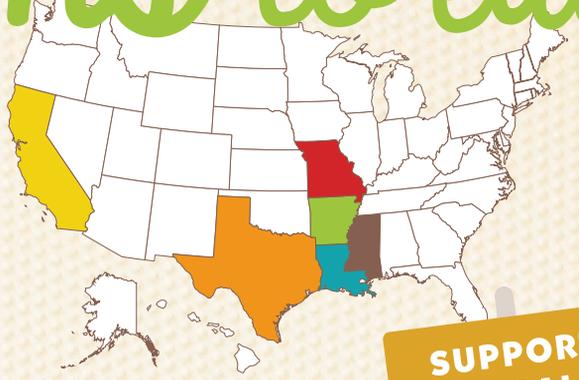


10 reasons to eat RICE GROWN IN THE USA



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.



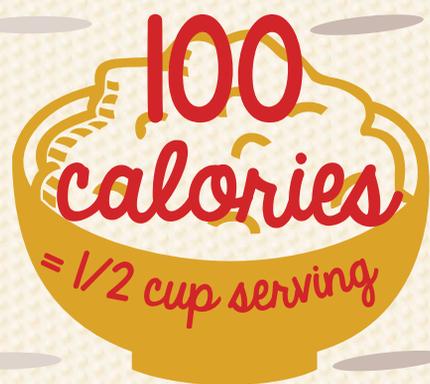
ENVIRONMENTALLY-FRIENDLY

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.



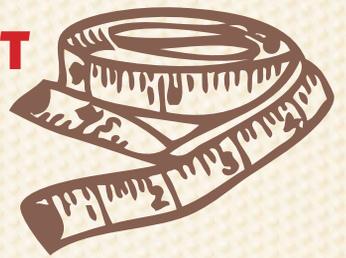
4. ENERGY BOOST



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.

