

# Rice facts & figures

## Many Are Finding That Rice Is A Food That Fits

(NAPSA)—Which diet is right for you? While no one diet works for everyone, there are foods that, in the right amounts, can contribute to almost any diet.

Rice, for example, is a healthful food that “fits” in most diet plans:

- **Low-Carb:** brown rice, which is lower in carbohydrates and higher in fiber, fits even for those following Atkins, South Beach and Sugar Busters diets.

- **Low-Fat Diets:** both brown and white rice fit in low-fat diets—white rice contains no fat; brown rice contains a trace of fat.

- **Low-Calorie:** rice contains 103 calories per half-cup serving of cooked white rice and 108 calories per half-cup serving of cooked brown rice.

- **Low-Sodium:** rice is naturally sodium-free.

- **Low-Cholesterol:** rice contains no cholesterol.

- **Fat-Free:** rice has only a trace of fat.

Experts agree that no matter what the diet plan, eating fewer calories—whether it is carbohydrates, protein or fat—can lead to weight loss.

For all dieters, rice is a healthful product, easy to digest, and an excellent source of energy, providing a good source of complex carbohydrates with only a trace of fat.

Here’s a rice recipe that fits in a number of diet plans.



**Red beans and rice are a welcome addition to a number of healthy diets.**

### **CREAMY RED BEANS AND RICE WITH CARAMELIZED ONIONS**

- 2 tablespoons butter**
- 1 large onion, sliced**
- 3 cups hot cooked rice  
(cooked in chicken broth)**
- 1 (16-ounce) can red kidney  
beans, drained**
- ½ cup sour cream**
- ½ cup grated Asiago cheese**
- ¼ teaspoon freshly ground  
black pepper**

**Melt butter in large skillet over medium heat. Add onions; cook until onions begin to brown (about 8 minutes). Add rice, beans, sour cream, cheese and black pepper. Stir until well blended and cheese is melted.**

**Makes 6 servings. Each serving provides 291 calories, 11 grams protein, 11 grams fat, 37 grams carbohydrate, 6 grams dietary fiber, 26 milligrams cholesterol and 701 milligrams sodium.**

For additional rice recipes or nutrition information, visit [www.usarice.com](http://www.usarice.com).