



# spotlight on health

## Rice: Year-Round Hero For Seasonal Delights

(NAPSA)—Choosing U.S.-grown rice is an affordable, delicious, convenient, healthy and versatile way to go green. Here are seven ways rice can help you:

**1. The price is right.** Rice costs about 10 cents per serving. One pound of uncooked rice makes two pounds cooked. Stretch meals by replacing a quarter of the meat in hamburgers, meat loaf or meatballs with cooked rice.

**2. Rice provides the nutrients you want without the ones you don't.** Both whole grain brown rice and enriched white rice are sodium- and cholesterol-free, with no saturated or trans fats to worry about.

**3. Whole grains are good for you.** Brown rice is 100 percent whole grain, and 1 cup takes care of two of the three recommended daily servings of whole grains.

**4. Enriched rice is healthful.** One cup of cooked U.S.-grown white rice provides 92 micrograms of folic acid; that's 23 percent of the recommended daily amount. The rice is fortified with folic acid because it helps prevent birth defects. It may also contribute to heart health and protect against cancer and Alzheimer's disease.

**5. Rice is always in season.** Part of eating green means eating in season. Not only is rice available year-round, it pairs well with a wide range of seasonal produce.

**6. Choosing U.S.-grown rice helps people and the planet.** It supports U.S. rice farmers and the U.S. economy and helps lessen the carbon footprint of a meal. U.S. rice fields help create and preserve valuable wetlands. Look for the "Grown in the USA" logo on packages of 100 percent domestically grown rice.

**7. Rice is the most popular grain in the world** so it fits with



**At any time of year, rice is nice for any kind of cuisine.**

a variety of cuisines. This makes it a great base for everything from exploring exciting flavors to savoring familiar comfort foods.

### Kitchen Inspirations

Start with rice, go anywhere. Rice bowls offer near limitless options for seasonal flavors, world cuisines and good nutrition. Start with white or brown rice and suit the season.

**Summer:** Add chopped peppers, sweet corn, chopped tomatoes, zucchini and black beans. Top with salsa.

**Fall:** Add broccoli, onions and roasted turkey strips. Top with cranberry sauce. Garnish with dried cranberries, fresh apple and minced herbs.

**Winter:** Add onions, brussels sprouts, celery, carrots and lean beef. Top with teriyaki glaze or sesame ginger sauce. Garnish with fresh apple slices.

**Spring:** Add onions, green onions, peppers, asparagus and shrimp. Top with garlic herb or lemon herb sauce. Garnish with apricot slices.

Visit [www.USARice.com](http://www.USARice.com) for rice recipes, rice nutrition and to learn more about rice farmers and the environment.