

## September: National Rice Month

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Looking for healthy, budget-friendly foods that are also delicious? Rice is a healthy, versatile, and economical dish. September is National Rice



Month, and rice is the most popular grain globally, supplying energy, complex carbohydrates, fiber, and essential vitamins and minerals. Check out the

following tips and information on the recommendations and nutritional value of rice as well as ways to use rice in dishes.

### Rice to Know Information and Tips:

**MyPlate and rice.** The amount of grains you need to eat depends on your age, gender, and level of physical activity.



Recommended daily amounts are listed below. Most Americans consume enough grains, but few are whole grains. At least half of all the grains eaten should be whole grains.

Group	Age Range	Daily Recommendation*
Children	2-3 years old	3 ounce equivalents
	4-8 years old	5 ounce equivalents
Girls	9-13 years old	5 ounce equivalents
	14-18 years old	6 ounce equivalents
Boys	9-13 years old	6 ounce equivalents
	14-18 years old	8 ounce equivalents
Women	19-30 years old	6 ounce equivalents
	31-50 years old	6 ounce equivalents
	51+ years old	5 ounce equivalents
Men	19-30 years old	8 ounce equivalents
	31-50 years old	7 ounce equivalents
	51+ years old	6 ounce equivalents

\*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

**Whole grain goodness.** Whole-grain rice can be brown, black, red or wild. The whole grain is the entire seed of a plant which includes the bran, germ and endosperm. Together, these provide vitamins, minerals, fiber, protein and other important



nutrients. Enhance your next meal with the whole-grain goodness of brown, red, black or wild rice to add flavor, color and crunch to your dish.

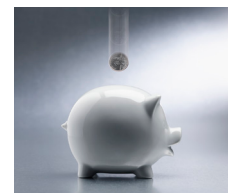
**Nutritional value.** Rice is sodium- and cholesterol-free, as well as gluten-free and the least allergenic of all grains. It is a nutrient-dense food and



contributes over 15 vitamins and minerals, including folate and other B vitamins, iron and zinc.

Brown rice is a 100 percent whole grain. Rice has approximately 100 calories per half-cup serving. Rice provides more than 15 vitamins and minerals, including B-vitamins, iron, and zinc.

**Rice economics.** At approximately 10 cents per half-cup serving, rice is economical, easy to prepare and pairs well with other healthy foods such as vegetables, meat, seafood and soy foods. Cooked rice may be stored in the refrigerator for up to four days or frozen for two to three months. So prepare batches of rice ahead of time to use with meals throughout the week.



**Reheating rice.** Add 2 tablespoons of liquid per cup of rice. For reheating on range top, cover and heat about 5 minutes until heated throughout. Use low heat for best results. The amount of time may vary slightly depending on how much you're reheating.



Fluff with a fork. For microwave reheating, cover and cook on high about 1 minute per cup. Cook frozen rice 2 minutes on high for each cup. Fluff with a fork.

**Adding rice to meals.** Try combining white and brown rice in one dish or add brown rice in soups, stews, salads, casseroles or stir-fries. Mix up rice in the stuffing for baked green peppers or tomatoes. Create a whole-grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.

For more information and tips on rice check out the USA Rice Federation website at [www.usarice.com](http://www.usarice.com). For more food, nutrition and health information



from UNL Extension go to [www.food.unl.edu](http://www.food.unl.edu) or scan the QR code with your smart phone or other electronic device to go directly to the website.

### Additional Resources & Links:

- **Now, you're cooking with brown rice!** This site has tips for storing, selecting, and reheating rice as well as recipes such as Greek rice salad, Mexican skillet rice, and orange mint salad. <http://food.unl.edu/fnh/basic-list>
- **Black Bean & Rice Salad Recipe.** This is a great basic recipe. Adjust the ingredients according to your preferences. <http://food.unl.edu/fnh/black-beans-rice-salad>
- **How Sweet It Is: Pineapple Rice Bake Recipe.** Use brown rice in this recipe for Pineapple Rice Bake for added fiber and nutrients. The pineapple adds a nice touch of sweetness to this dish. <http://food.unl.edu/fnh/pineapple-rice-bake>
- **Fried Rice from the Fridge.** Here's a quick one-dish meal that can be made from ingredients easily available from your refrigerator. <http://food.unl.edu/fnh/fried-rice>

- **Cook Once, Eat Twice.** By planning ahead you can make some of the dinner tasks you're constantly juggling easier. Spend a few extra minutes planning complementary menus where you "cook once and eat twice." <http://food.unl.edu/fnh/eat-twice>
- **UNL Extension Calendar** – National Food Days, Weeks, and Months for September. <http://food.unl.edu/web/fnh/september>
- **All the Healthy Bites!** Healthy Bites is a newsletter that focuses on a different food, nutrition and/or health theme for each month. [http://food.unl.edu/fnh/healthybites\\_archives](http://food.unl.edu/fnh/healthybites_archives)

### Sources:

1. ChooseMyPlate.gov. Grains Group. United States Department of Agriculture (USDA). Accessed at: <http://www.choosemyplate.gov/food-groups/grains.html>.
2. Henneman, A. Now, You're Cooking with Brown Rice! University of Nebraska-Lincoln Extension. Accessed at: <http://food.unl.edu/fnh/cooking-brown-rice>.
3. USA Rice Federation. Rice Lovers. Accessed at: [http://www.usarice.com/index.php?option=com\\_content&view=article&id=668&Itemid=379](http://www.usarice.com/index.php?option=com_content&view=article&id=668&Itemid=379).
4. USA Rice Federation. Top 10 Reasons to Add Rice to Your Life! Accessed at: <http://www.usarice.com/doclib/157/6791.pdf>.
5. USA Rice Federation. Rice to Know Facts. September – National Rice Month. Accessed at: <http://www.usarice.com/doclib/220/6671.pdf>.

*Updated: August 2014*