




## Healthy Rice Bowls to Boost Folic Acid Intake

USA Rice suggests using **Healthy Rice Bowls** to help reach daily folic acid intake goals of 400 mcg. Folic acid in enriched rice is one of the most easily absorbed sources of this important nutrient in the diet.



- **Healthy Rice Bowls** make it easy to include healthy foods, in the right amounts, for a balanced diet.
- With rice as the foundation, you are well on your way to meeting many *U.S. Dietary Guidelines* and *MyPyramid* recommendations in one delicious and satisfying dish.
- See below for tips on how to build **Healthy Rice Bowls** to meet calorie needs and nutritional goals for yourself and your family.\*

HOW-TO	BENEFITS
<p><b>Step 1</b></p>  <p><b>Make Rice the Foundation:</b> Each Cup Equals 2 Grain Servings</p> <p><b>TRY:</b> Enriched white rice or whole grain brown rice</p>	<p><b>Healthy Rice Bowls Help Reach Daily Folic Acid Goals</b></p> <ul style="list-style-type: none"> <li>• Just 1 cup of cooked enriched rice delivers 92 of the daily recommended 400 micrograms of folic acid, 23% of the Daily Value (DV).</li> </ul> <p><b>Brown &amp; White Rice</b></p> <ul style="list-style-type: none"> <li>• Complex carbohydrates</li> <li>• Low-calorie, low-sodium, cholesterol-free</li> <li>• No saturated fat, no trans fat</li> </ul>
<p><b>Step 2</b></p>  <p><b>Pack in Perfect Produce:</b> Each Cup Equals 2 Produce Servings</p> <p><b>TRY:</b> Dark leafy greens like spinach, mustard greens, or collards</p>	<p><b>Rice offers Versatility, Value and Variety</b></p> <ul style="list-style-type: none"> <li>• Rice partners perfectly with other healthy foods             <ul style="list-style-type: none"> <li>○ Try adding a cup of fruit (e.g. diced pineapple, seasonal berries)</li> <li>○ Try new proteins (e.g. salmon, beans)</li> </ul> </li> <li>• Rice offers great value for the food dollar at just 10 cents a serving             <ul style="list-style-type: none"> <li>○ One pound of uncooked rice makes over two pounds of cooked</li> <li>○ Try replacing ¼ meat with cooked rice in hamburgers, meatloaf, and meat balls</li> </ul> </li> </ul>
<p><b>Step 3</b></p>  <p><b>Add Lean Protein to Balance the Meal:</b> Add 2-3 ounces (1 ounce = 1 serving)</p> <p><b>TRY:</b> Lean protein, lentils, beans, eggs, nuts</p>	<p><b>Delicious and Satisfying with Sauces, Herbs &amp; Spices</b></p> <ul style="list-style-type: none"> <li>• Marinate fish and poultry with citrus like lemon, lime and orange to bring out flavor</li> <li>• Marinate lean meats with your favorite vinegar, and cook with onion and garlic for a great taste</li> <li>• Basil, dill, parsley, rosemary, mustard and sage go great with beef, poultry and fish</li> <li>• Use cilantro for Asian or Mexican-inspired rice bowls</li> </ul>

\* The *Healthy Rice Bowl* featured here is based on a 2,000 calorie per day diet. Consult MyPyramid.gov to find your daily needs.

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USA Rice is a proud member of the National Council on Folic Acid (NCFA). Visit [www.USARice.com](http://www.USARice.com) for recipes and more nutrition information about U.S.-grown rice. For more information about folic acid, visit NCFA at [www.FolicAcidInfo.org](http://www.FolicAcidInfo.org).