

Kids Who Eat Rice

HAVE HEALTHIER DIETS



Rice is a healthy, wholesome food that fits with the nutrition recommendations of the U.S. Dietary Guidelines for Americans. Rice partners well with nutrient-rich vegetables, fruit and proteins; it's a healthy source of calories and fiber too.

American children don't eat enough of the foods most recommended by the 2015 Dietary Guidelines: whole grains, vegetables, and fruits.¹

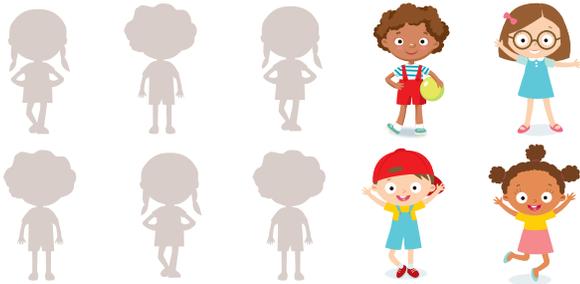


ONLY 3% OF KIDS eat enough whole grains²

JUST 5% OF KIDS eat enough vegetables³



LESS THAN HALF OF KIDS (40%) eat enough fruit³



Too many kids are overweight and undernourished

- One third of all children in the U.S. are overweight or obese¹
- Kids' diets are lacking in vitamin A, vitamin D, vitamin E, vitamin C, folate, calcium, magnesium, fiber, and potassium¹



KIDS WHO EAT RICE HAVE BETTER DIETS AND HIGHER NUTRIENT LEVELS

Children who regularly eat rice tend to:

- Eat more fruits and vegetables, especially dark green and orange vegetables⁴
- Consume more beans and total grains⁴
- Eat a diet higher in vitamin A, vitamin D, folate, magnesium, iron, vitamin B12, thiamin, niacin, and zinc⁴

Rice dishes are an easy and delicious way to include healthy vegetables, fruits, legumes, nuts, and seafood in kids' diets!

- ✓ Red beans and rice
- ✓ Brown rice with chicken and vegetables
- ✓ Greek-style rice bowl with spinach, tomatoes and olives
- ✓ Breakfast brown rice with blueberries
- ✓ Vegetarian rice chili
- ✓ Rice pilaf with nuts and dried fruit

Both **WHOLE GRAIN BROWN RICE** and **ENRICHED WHITE RICE** are recommended by the 2015 Dietary Guidelines and count as part of the USDA's MyPlate grain group.^{1,5} Rice is naturally sodium- and cholesterol-free and contains no saturated or trans fats.

References

¹ United States Department of Agriculture (USDA). Scientific Report of the 2015 Dietary Guidelines Advisory Committee. <http://www.health.gov/dietaryguidelines/2015-scientific-report/PDFs/Scientific-Report-of-the-2015-Dietary-Guidelines-Advisory-Committee.pdf>. Accessed March 19, 2015.

² Reicks M, Jonnalagadda S, Albertson A, Joshi N. Total dietary fiber intakes in the U.S. population are related to whole grain consumption: results from the National Health and Nutrition Examination Survey (NHANES) 2009 to 2010. *Nutr Res.* 2014;34(3):226-234.

³ Centers for Disease Control (CDC). Children eating more fruit, but fruit and vegetable intake still too low. <http://www.cdc.gov/media/releases/2014/p0805-fruits-vegetables.html>. Accessed March 19, 2015.

⁴ Nicklas TA, O'Neil C, Fulgoni V. Rice consumption is associated with better nutrient intake and diet quality in adults: National Health and Nutrition Examination Survey (NHANES) 2005-2010. *Food Nutri Sci.* 2014;5(6):525-532. <http://dx.doi.org/10.4236/fns.2014.56062>

⁵ United States Department of Agriculture (USDA). ChooseMyPlate.gov. <http://www.choosemyplate.gov/>. Accessed March 19, 2015.