

QUICK QUIZ

Don't Leave Out Rice In Your Diet

(NAPSA)—There's more than a grain of truth to the nutrition and health benefits of rice. That's why many Americans are moving rice to the center of the plate. See how well you're cooking by taking this short quiz.

1. Rice is easy to digest, naturally sodium and cholesterol-free, with only a trace of fat. (a) true (b) false

2. Folic acid may cut the risk of heart attacks, strokes, cancer, Alzheimer's and depression in adults. (a) true (b) false

3. The National Academy of Science recommends that at least 45 percent of calories come from carbohydrates. (a) true (b) false

4. Brown rice, with a hearty, nutty flavor, is a good source of fiber. (a) true (b) false

ANSWERS

1. (a) True. Rice is also an excellent source of energy and can fit with any healthy eating program, dietary trend and lifestyle. 2. (a) True. According to the USA Rice Federation, rice is an important source of folic acid in the diet in a form that is easily digested. One-half cup of cooked white rice provides 15 percent of the daily value of folic acid and thiamin and eight percent of the daily value of iron and niacin. 3. (a) True. The National Academy of Science actu-



Rice is low in calories (103 calories per half-cup serving of white rice). It is naturally sodium-free.

ally recommends that 45 to 65 percent of calories come from carbohydrates. One-half cup of cooked rice contains 22 grams of carbohydrates. 4. (a) True. In addition, rice combines well with vegetables and legumes, helping to increase the intake of important nutrients from these sources.

A note to dieters. The balanced diet message is simple: calories in, calories out. All experts agree that no matter what the diet plan, eating fewer calories—whether it is carbohydrates, protein or fat—leads to weight loss.

For additional nutrition information or rice recipes visit www.usarice.com.