

# Cooking Corner Tips To Help You

## Rice Helps Fortify Diets With Folic Acid

(NAPSA)—Research shows that people who eat rice—brown or white—tend to have healthier diets.

For optimal health, a diet should include hearty helpings of both. Brown rice is a nutritious whole grain, and enriched white rice also has a lot to offer. U.S.-grown white rice contains niacin, thiamin and iron and is fortified with folic acid, which can help everyone—from babies to boomers—protect their health.

Folic acid helps prevent birth defects and may reduce the risk of heart disease, certain cancers and Alzheimer's disease.

Since most people don't consume enough of this important B vitamin, adding a few servings of rice can help. Just 1 cup of cooked enriched rice delivers over 80 of the daily recommended 400 micrograms.

Low in calories and fat-free, enriched white rice is also economical. It costs only 10 cents per half-cup cooked serving, with a pound of uncooked rice making more than 2 pounds of cooked rice.

To stretch the food dollar and make hamburgers, meat loaf or meatballs more nutritious and affordable, replace a quarter of the meat with cooked white rice.

Here's a tasty recipe for Rice Tabbouleh. For more rice recipes and information, visit [www.usarice.com](http://www.usarice.com). For information on folic acid, visit [www.folicacidinfo.org](http://www.folicacidinfo.org).



**One inexpensive way to add a healthy dose of folic acid to your diet is to serve enriched white rice.**

### Rice Tabbouleh

*Yield: Makes 6 servings*

- 3 cups cooked enriched white rice**
- 1 cup chopped, Italian flat-leaf parsley**
- $\frac{3}{4}$  cup chopped cucumber**
- $\frac{3}{4}$  cup chopped tomato**
- $\frac{1}{4}$  cup minced mint leaves**
- $\frac{1}{4}$  cup olive oil**
- $\frac{1}{4}$  cup lemon juice**
- 1 teaspoon salt**
- 1 teaspoon ground black pepper**

**In a large bowl, combine rice, parsley, cucumber, tomato, mint, olive oil, lemon juice, salt and pepper. Toss well.**

**Nutrition Facts: 190 Calories, 10g total fat, 400mg sodium, 24g total carbohydrate, 1g dietary fiber, 3g protein**