

RICE Nourishes Moms-to-be



Rice: The Perfect Pregnancy Food

Congratulations on your pregnancy! Get all the nutrients you need for your baby's good health at birth and long-term by eating a balanced diet, including plenty of complex carbohydrates. Healthy grains, like **enriched white rice** and whole grain brown rice, provide fiber, important B-vitamins like **folic acid** and minerals like potassium, copper and zinc (brown rice).

Folic Acid for Healthy Babies

Folic Acid (also referred to as folate) is a B-vitamin that is especially important during times of growth, such as pregnancy and childhood. Not getting enough early in pregnancy can lead to serious birth defects. That's why the Centers for Disease Control (CDC) urge women to get 400 micrograms (mcg) of folic acid every day from fortified foods like **enriched rice**, a multivitamin, and other folate-rich foods like beans and leafy greens. The folic acid in **enriched rice** is in a form that the body can easily use -- naturally occurring folate sources are often less available to the body.

Did you know?

One cup of cooked **enriched rice** delivers over 80 of the daily recommended 400 micrograms (mcg) of **folic acid**, which is 20% of the Daily Value (DV).

All enriched grains in the U.S. are fortified with folic acid. Since fortification began in 1998, there has been a 27% drop in folic acid-preventable birth defects.

Folate Foods to Try

Source: www.nal.usda.gov/fnic/foodcomp

- Beef liver, 3 ounces, 217 mcg
- Lentils, ½ cup, 179 mcg
- Soybeans, ½ cup, 100 mcg
- Enriched white rice, cooked, 1 cup, 92 mcg
- Wheat germ, 2 Tbs, 79 mcg
- Sunflower seeds, ¼ cup, 76
- Fresh Spinach, 1 cup, 58 mcg
- Orange juice, 1 cup, 45 mcg
- White bread, 1 slice, 28 mcg

Healthy Eating During Pregnancy and Beyond

Rice can be the foundation for healthy eating during pregnancy and beyond. Rice partners well with other healthy foods such as vegetables, beans and lean proteins. It is easy to digest and provides over 15 essential nutrients, is relatively low in calories, and is gluten-, cholesterol-, sodium-, and trans-fat free.

Research shows that Americans who eat **enriched and whole grain rice**:

- Consume more **folic acid**, potassium and iron (nutrients in rice products)
- Are less likely to be overweight, have high blood pressure, or metabolic syndrome
- Are more likely to eat in line with the *U.S. Dietary Guidelines* recommendations



For more information about rice and healthy rice recipes visit www.usarice.com

MAY BE REPRODUCED FOR EDUCATIONAL PURPOSES

USA Rice is a proud member of the National Council on Folic Acid (NCFA). Visit 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.