For sustainable, homegrown nutrition, Think Rice!

RICE FACTS

- About 18 billion pounds of rice are grown each year in the U.S.
- 85% percent of the rice consumed in the U.S. is grown on U.S. soil.



Arborio Rice

The U.S. is consistently ranked among the top five rice-exporting nations in the world.



CA

Brown Rice

- The U.S. produces high-quality varieties of short, medium, and longgrain rice.
- U.S. rice
 farmers also
 grow specialty
 rices like jasmine,
 basmati, arborio,
 red aromatic, and
 black japonica.



Black Japonica Rice

RICE IS GROWN IN THESE SIX STATES. DO YOU LIVE IN ONE OF THEM?

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About 10,000 rice growers in these states plant rice on nearly 3 million acres of land!

RICE FLAVORS THE MENU

Packed with nutrition that keeps you going for school and play, rice is important to a healthy diet. Each state or region has its own signature rice dish featuring regional tastes, flavors, and food traditions, like these favorites!



Country Breakfast Cereal



Jambalaya



Creamy Rice Pudding Brulee

Find these recipes and more at USA Rice Federation's website at www.usarice.com.

RICE SUSTAINS THE ENVIRONMENT

U.S. rice farmers use the latest technology and practice sustainability to grow rice more efficiently than any other rice-growing country in the world. They...



 use water and land efficiently to protect and preserve natural resources.



manage rice fields to provide safe, critical habitat for wildlife, especially migratory birds like ducks and geese.



help reduce the carbon footprint by keeping rice production on U.S. soil, reducing its food-travel mileage.



