



WIC...

**Healthy Habits,
Healthy Families**

Brown Rice

Brown rice is a good source of fiber, manganese, selenium and magnesium. Enjoy brown rice in salads, soups and casseroles. Serve brown rice with beans or a stir-fry.

Buying brown rice...

- Select brown rice in one-pound bags or boxes.
- Check to see if there is a “use-by” date on the package.

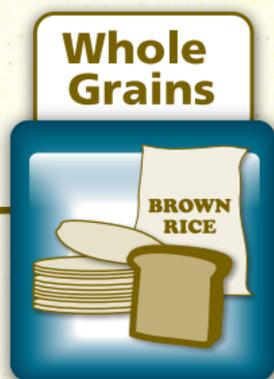
Storing brown rice...

- Store brown rice in an airtight container.
- Keep brown rice for up to 6 months in the pantry or refrigerator.
- Freeze brown rice for a longer shelf life.
- Store cooked brown rice in the refrigerator for up to 5 days or in the freezer for 6 months.

Enjoying brown rice...

- Combine 1 cup of uncooked brown rice and 2½ cups of water in a 2- to 3-quart sauce pan. This makes 3 cups of cooked brown rice.
- Heat to boiling, stirring once or twice.
- Reduce heat; cover and simmer for 40 to 45 minutes or until tender.

**Eat more whole grains.
Increase fiber.**



Brown Rice Bowls

www.usarice.com

Rice bowls are a great way to use WIC foods and for family members to get their favorites. Start by fixing enough brown rice so that there is $\frac{1}{2}$ cup for each person. Put out some fruits, vegetables, protein foods, sauces and seasonings. Let each person pick what goes into his or her rice bowl.

1. Start with $\frac{1}{2}$ cup of cooked brown rice in a bowl.
2. Add 1 cup chopped fruits and/or vegetables. Here are just a few ideas.
 - Apples
 - Broccoli
 - Carrots
 - Celery
 - Corn, canned or frozen
 - Cucumber
 - Green pepper strips
 - Pea pods
 - Pineapple
 - Tomatoes
3. Top with 3 ounces lean protein. Here are just a few ideas.
 - Almonds
 - Canned chunk-light tuna
 - Cooked ground beef
 - Cooked pork
 - Grilled beef strips
 - Grilled chicken strips
 - Heated black beans
 - Heated pinto beans
 - Scrambled eggs
 - Walnuts
4. Finish with a sauce or seasoning. Here are just a few ideas.
 - Curry sauce
 - Fresh cilantro, chopped
 - Low-fat dressing
 - Low-fat sour cream
 - Reduced-fat cheese, shredded
 - Salsa
 - Sweet and sour sauce
 - Taco sauce

Family Goals

- My family and I will try brown rice with stir-fry.
- My family and I will try brown rice bowls for dinner.
- My family and I will try brown rice with black beans.
- My family and I will try brown rice in a salad.
- Other _____



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