

Think Rice Doesn't Fit with Diabetes? **THINK AGAIN.**



As a part of your Diabetes Self-Management plan, you'll discuss food with a Certified Diabetes Educator (CDE) or Registered Dietitian Nutritionist (RDN). Because rice is a source of carbohydrates, you may wonder if it will fit in your plan. While everyone's needs are unique, rice can be diabetes-friendly. Here are some important facts about rice.

RICE IS SO MUCH MORE THAN JUST CARBS

- Both brown and enriched white rice contribute more than 15 vitamins and minerals, including folic acid and other B vitamins, potassium, magnesium, selenium and fiber (brown) as well as iron and zinc
- People who eat rice may have a healthier all-around diet. NHANES research looked at specific health indicators and found that people who eat rice daily are more likely to eat a diet consistent with the U.S. Dietary Guidelines for Americans.

RICE CAN HELP YOU LOSE WEIGHT

- Researchers have shown that eating rice with meals may help you stick to your calorie-controlled eating plan by increasing satiety and making you feel full longer.
- Brown rice has 100 calories per ½ cup serving and is equivalent to one whole grain serving.



RICE IS A GOOD SOURCE OF FIBER

- A cup of cooked brown rice contains about 14% of the Daily Value for fiber – making it a good source of fiber.
- Both white and brown rice are significant sources of resistant starch – especially if you cook and let it cool before eating. Recent research shows that resistant starch, or fibers that are less thick and resistant to digestion – may help to prevent certain cancers and promote a healthy body weight.

GLYCEMIC RESPONSE TO RICE IS LOW

- The glycemic load (GL – the blood sugar response to a food based on the grams of carbohydrates it contains) for white and brown rice does not raise red flags for carb-concerned eaters.
- According to Harvard Health Publications, white rice has a GL of 43 (low); brown, 16 (low); and parboiled white rice, 14 (also low). As always, check your own blood sugar response to any food you eat and discuss the results with your CDE/RDN.

Fast facts:

1/3 cup cooked rice =
15g carbohydrates

Rice is sodium- &
cholesterol-free



A serving of rice contains 2.5 grams of highly digestible protein and is low fat & contains no trans fat



Meal planning helps to control your carbs while controlling your food dollar – rice is just 10 cents per serving!



Make your serving size seem larger – toss 1/3 cup cooked rice with 1/2 cup sautéed vegetables such as peppers, mushrooms and/or broccoli

Think Rice Doesn't Fit with Diabetes? **THINK AGAIN.**



Teriyaki Chicken & Edamame Rice Bowls



Meal Tip: "For those who are using carb counting for meal planning, the grams of fiber in food can be subtracted from the total grams of carbohydrates."

Meriterese Racanelli, M.S.

INGREDIENTS (MAKES 6 SERVINGS):

- | | |
|---|---|
| 2 tablespoons vegetable oil | 1/3 cup bottled low-sodium teriyaki sauce |
| 1/2 pound boneless, skinless chicken breast, cut into 1/2-inch pieces | 3 cups cooked medium or long grain brown rice |
| 2 cups fresh or frozen, thawed shelled edamame | 1/2 cup fresh cilantro leaves, chopped |
| 1 small red bell pepper, diced | |

DIRECTIONS: Heat oil in large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until lightly brown and cooked through.

Stir in edamame, bell pepper and teriyaki sauce. Bring to boil and cook, stirring constantly, for 30 seconds. Add rice and cilantro, stir until well combined and heated through.

Nutrients Per Serving: Calories 370, Total Fat 11g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 85mg, Sodium 360mg, Carbohydrates 32g, Fiber 5g, Protein 34g

MyPlate Classic White Rice with Black Beans



Recipe & photo courtesy of Goya MyPlate Healthy Tasty Affordable Latin Cookbook, www.goya.com

Meal Tip: "Rice and beans both contain soluble fiber. Pairing beans with rice can be helpful for those with diabetes, because the fiber in beans can help prevent blood sugar levels from rising rapidly after a meal."

Meriterese Racanelli, M.S.



INGREDIENTS (MAKES 8 SERVINGS):

- | | |
|--|--|
| 2 tablespoons extra virgin olive oil | 1 teaspoon brown sugar |
| 1 teaspoon ground cumin | 1 teaspoon white distilled vinegar |
| 1 teaspoon minced garlic | 1/4 teaspoon Adobo light all-purpose seasoning with pepper |
| 1 teaspoon oregano leaf | 3 cups cooked long grain white rice |
| 1 packet Sazón | Fresh cilantro leaves, chopped (for garnish) |
| 2 tablespoons cooking wine | White onions, finely chopped (for garnish) |
| 2 cans (15.5 oz. each) low-sodium black beans, undrained | |
| 2 bay leaves | |

DIRECTIONS: Heat oil in medium saucepan over medium heat. Add cumin, garlic, oregano and Sazón to pot. Cook until fragrant, about 30 seconds. Add wine; bring to a boil. Add 1 cup water, beans, bay leaves, brown sugar, and vinegar to pot; bring bean mixture to a boil. Reduce to medium-low and simmer, uncovered, stirring occasionally, until mixture thickens and flavors come together, about 15 minutes.

Season beans with Adobo Light; discard bay leaf.

Divide beans and cooked rice evenly among serving dishes (about 3/4 cup of beans and 1/4 cup rice). Garnish with onions and cilantro, if desired.

Nutrients Per Serving: Calories 220, Total Fat 4g, Saturated Fat 0.5g, Trans Fat 0g, Cholesterol 0mg, Sodium 220mg, Carbohydrate 36g, Fiber 7g, Sugar 1g, Protein 8g

Contributor: Meriterese Racanelli, M.S. R&D Food Scientist/Clinical Nutritionist, NovelResearch.org/National Hispanic Medical Association & Goya Foods, Inc.