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.
- The U.S. is consistently ranked among the top five rice-exporting nations in the world.
- The U.S. produces high-quality varieties of short, medium, and long-grain rice.
- U.S. rice farmers also grow specialty rices like jasmine, basmati, arborio, red aromatic, and black japonica.

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

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

**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.

**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.

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