

# 10 REASONS TO EAT RICE GROWN IN ARKANSAS

## 1 Locally Grown

96% of farms are family owned and operated. Consuming Arkansas-grown rice helps support our neighbors who continue to produce a quality food supply.

## 3 Love for the Environment

Arkansas rice farmers have a commitment to protect and preserve natural resources. Today, Arkansas rice farmers produce more rice using less land, energy and water than they did 20 years ago. Working rice fields provide critical wildlife habitat for many species of birds, mammals and reptiles.



## 4 Nutrient Rich

Rice provides more than 15 vitamins and minerals, and beneficial antioxidants.



## 5 Energy Boost

Keep your engine revved throughout the day with rice! It's a good source of complex carbohydrates, providing the fuel your body and brain need to function.



## 6 Happiness

Rice makes you happy! Eating rice triggers your brain to produce serotonin, which boosts mood and keeps appetite in check.

## 7 Heart Health

Whole grains, such as brown rice, help reduce the risk of heart disease, diabetes and certain cancers. Rice eaters have a lower risk of high blood pressure.

## 8 Healthy Weight Management

Research shows that eating rice makes you feel full longer and people who eat rice are less likely to be overweight.

1 CUP COOKED BROWN RICE  
= 2 SERVINGS OF WHOLE GRAINS.

## 9 Sustainability

When you choose Arkansas grown rice, you are reducing your food miles. Over 50% of the rice we grow in the US is produced by Arkansas farmers.

## 10 Gluten Free

Rice is one of the least allergenic grains, making it a healthy option for those that are gluten-intolerant or have food sensitivities.