



## 3 Steps to a Healthy Meal




### Healthy Rice Bowls Help WIC Put The Dietary Guidelines into Practice



An important goal of the new WIC Food Package is for WIC foods to support healthy eating as recommended in USDA's Dietary Guidelines for Americans. The *Food Guidance System, My Pyramid*, is the visual translation of the guidelines. It's designed to help consumers in selecting the most nutrient-dense foods, in the right individual quantities, for a healthy balanced diet.

USA Rice Federation suggests using *Healthy Rice Bowls* to help guide WIC participants to eat according to MyPyramid. This graphic image illustrates how brown rice can form the foundation for healthier eating by partnering it with other nutrient-rich foods in the WIC market basket. Once you visit MyPyramid.gov to learn about individual needs, you can help your clients create *Healthy Rice Bowls* to meet the nutritional goals of the WIC program.\*

### Healthy Eating is Just a Rice Bowl Away!

<p><b>Step 1</b></p> 	<p><b>Make Brown Rice the Foundation: Each Cup Equals 2 Grain Servings</b></p> <p>Rice is a great tasting, nutrient-rich, complex carbohydrate that contributes over 15 essential nutrients to the diet. It is low-calorie, sodium- and cholesterol-free and has only a trace of fat, and no trans fat. One cup of whole grain brown rice provides two of the three recommended daily servings of whole grains, providing nutrients that are often lacking in the typical American diet.</p>	<p><b>Healthy Rice Bowls Deliver Great Taste and Balanced Nutrition:</b></p> <p>With brown rice as the foundation, you are well on your way to achieving many key nutrition recommendations from MyPyramid in one delicious and satisfying dish.</p> <ul style="list-style-type: none"> <li>• The rice provides two of your six grain servings.</li> <li>• The veggie layer will give you one or more of 2½ cups of vegetables for the day, depending on the amount you choose to add.</li> <li>• The protein layer should provide about half the number of daily servings.</li> </ul>
<p><b>Step 2</b></p> 	<p><b>Pack in Perfect Produce: Each Cup Equals 2 Produce Servings</b></p> <p>A cup or more of produce keeps you fuller with fewer calories. Green vegetables like broccoli and spinach and orange vegetables like carrots and peppers are best for pumping up essential nutrients in the diet. Each half-cup of vegetables provides over 15 different nutrients and only about 25 calories.</p>	<p><b>Versatility and Variety</b></p> <p>Brown rice is a versatile food and an ideal flavor-carrier that partners perfectly with other healthy foods. If you want your rice bowl to deliver other recommended foods for the day, vary your ingredients:</p> <ul style="list-style-type: none"> <li>• Include one ounce of your favorite low- or non-fat cheese.</li> <li>• Add a cup of fruit such as diced pineapple pieces or seasonal berries.</li> <li>• Mix up your protein choices for flavor and nutritional variety: <ul style="list-style-type: none"> <li>➢ Fish provides omega-3 fatty acid;</li> <li>➢ Beans provide fiber, potassium and other important nutrients.</li> </ul> </li> </ul>
<p><b>Step 3</b></p> 	<p><b>Add Lean Protein to Balance the Meal: Each Ounce of Protein Equals a Serving</b></p> <p>Include 2-3 ounces of protein such as skinless chicken, lean beef or fish, or ½ cup of beans to reach protein goals. Select <i>lean</i> proteins as part of a healthy diet to limit the fat, saturated fat and cholesterol that come from non-lean choices. (A serving is considered one ounce of lean meat, poultry or fish; 1 egg; ¼ cup cooked beans or tofu.)</p>	<p><b>Season Without Salt</b></p> <p>Punch up the flavor of your <i>Healthy Rice Bowl</i> using herbs and spices in place of added salt:</p> <ul style="list-style-type: none"> <li>• Marinate fish and poultry with citrus like lemon, lime and orange prior to cooking to bring out their flavor.</li> <li>• Marinate lean meats with balsamic or other favorite vinegars, combined with shallots, onion and garlic to enhance taste.</li> <li>• Basil, dill, parsley, rosemary, mustard and sage are also good complements for beef, poultry and fish.</li> <li>• Use cilantro for Asian or Mexican-inspired rice bowls.</li> </ul>

**Tip:** Some consumers prefer mixing cooked brown rice with cooked enriched white rice to ensure familiarity while enjoying the health benefits of rice.

Contact Judy Rusignuolo: [jrusignuolo@usarice.com](mailto:jrusignuolo@usarice.com) for jpeg images of the *Healthy Rice Bowls*.  
For more information, visit: [www.usarice.com/consumer](http://www.usarice.com/consumer)