Rice

Fun Facts About Rice!

• Rice is the seed of a grass called *Oryza sativa* and originated in Asia around 10,000 years ago.
• More than half of the world’s population depends on rice as their main source of calories.
• Rice was introduced to Louisiana in the early 1700s by French explorers and grows well in Louisiana’s often wet and even flooded soil.
• Rice is a staple in Louisiana cooking and is the mainstay for favorite dishes such as jambalaya, gumbo and boudin.

Rice Is Nutritious and Good for You!

• Rice is calorie dense; one cup provides 200 calories.
• Brown rice is a good source of B vitamins, protein and fiber.
• Brown rice is a whole grain, providing the same nutrients that are found in the original seed of the plant.