


Bowls of Rice, Oh So Nice

Rice is a nutritious, wholesome food that fits in well with the dietary suggestions of the USDA's (United States Department of Agriculture) MyPyramid. The USDA states, "Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies."

Many preschoolers don't eat enough fiber. Whole grain foods, such as brown rice, are an easy way to get fiber into your child's diet—and kids love it! Rice can be used for breakfast, lunch, dinner, and even as a snack. Brown rice mixed with other ingredients in a bowl creates a simple, delicious and nutritious meal.



Rice Bowl recipes
on the other side.



Rice Bowls

The U.S. Rice Federation suggests that rice bowls offer multiple flavors and ingredients by adding layers of vegetables, proteins, herbs, and sauces. How do you make a rice bowl? Start with your favorite bowl and simply add rice, layered with fruits, vegetables, or proteins. Top off with your favorite spices, sauces, or garnishes. Get started making a rice bowl with the following suggestions.

Tip: Use brown rice. Brown rice has the outer hull removed but still retains the bran layer, giving it a tan color. Brown rice is 100 percent whole grain. A half cup of whole grain brown rice provides one full whole grain serving with fifteen essential nutrients, fiber, and important vitamins. If brown rice is new to the children, try mixing it with white rice to ease into the new flavor and texture of brown rice.

Rice Bowl Possibilities

Carefully measure the amounts of rice and liquid as stated on the rice package according to serving size needed. Keep lid on tightly during cooking to prevent steam from escaping. Follow package directions for cooking rice and then follow these four easy steps:

1. Start with a bowl of your favorite rice (around ½-1 cup per serving)
2. Add nutritious vegetables or fruits (around ½ -1 cup per serving)
3. Top off with proteins such as chicken, beef, seafood, lentils, or tofu (about ½ cup per serving)
4. Add sauce, seasoning, spices, or garnishes to taste

Rice Bowl	Vegetables	Proteins	Sauce/spices
Pizza Bowl White or brown rice	Mushrooms, onions, peppers, garlic, chopped tomatoes	Pepperoni, sausage, shredded cheese, parmesan cheese	Tomato sauce, oregano, basil
Taco Bowl White or brown rice	Onions, green and red peppers, corn	Beans, ground turkey or beef	Chili or mole sauce, sour cream, taco chips, cheddar cheese
Cinnamon & Fruit Bowl White or brown rice	Raspberries, blueberries, strawberries	Milk	Cinnamon
Huevos Bowl White or brown rice	Diced tomatoes, green onions, green peppers	Cooked scrambled eggs	Taco sauce, cumin, chili powder, sour cream

Resources:

Recipes adapted from U.S. Rice Federation www.usarice.com/foodservice

USDA (United States Department of Agriculture) MyPyramid for pre-schoolers, <http://www.mypyramid.gov/preschoolers/index.html>

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