

# Rice Nutrition

- Rice is a complex carbohydrate, which fuels the body.
- Rice has all 8 amino acids, necessary for strong muscles.
- Rice contains NO fat, NO cholesterol and NO sodium.
- Rice is also a good source of other essential nutrients – thiamin, riboflavin, niacin, phosphorus, iron and potassium.
- Rice protein, when compared to other grains, is one of the highest quality proteins.

