

BROWN RICE

Fun Facts

Brown rice is a nutrient powerhouse! Here are some fun facts about this great grain...

1

Cooked and frozen rice can be stored for up to 6 months.

2

The fiber in brown rice can help lower cholesterol levels.

3

Brown rice is a good source of magnesium, copper, and selenium.

4

Brown rice is a whole grain!

5

Brown rice has a lower glycemic index than white rice.

6

Uncooked brown rice has a shelf life of about half a year.