



USA Rice Federation
Alignment of Child Nutrition Program Meal Standards with the 2025–2030 DGA
White House Office of Management and Budget 12866 Meeting



..... Global Advocate for All Segments of the U.S. Rice Industry

..... Every Rice Farmer, Miller, Merchant, and Allied Business

..... *Ensuring the Health & Vitality of a Unified U.S. Rice Industry*



Rice & the 2025-2030 Dietary Guidelines for Americans

Rice and grains are essential in helping Americans follow a healthy eating pattern

The 2025-2030 Dietary Guidelines for Americans continue to recognize the essential role rice and grains play in helping Americans follow a healthy eating pattern and reinforcing the well-documented body of scientific evidence highlighting the essential nutrients rice and grains provide for all life stages.*

*Mobley AR, Slavin JL, Hornick BA. The future of recommendations on grain foods in dietary guidance. J Nutr. 2013 Sep;143(9):1527S-1532S. doi: 10.3945/jn.113.175737. Epub 2013 Jul 17. PMID: 23864510.



Grains Servings in Schools Directly Affect America's Rice Growers and Producers

Any significant changes to grains in schools could have a real detrimental impact to America's farmers in a time where the farm economy is fragile.



Whole Grain and Enriched White Rice Start Off as the Same Grain

Every rice grain begins its life as a whole grain

Brown (Whole Grain) Rice	White (Enriched) Rice
	
• Brown rice is a whole grain containing the bran, germ, and endosperm • Has a slightly earthy, nutty flavor and chewy texture • Known for powerful nutritional properties • Helps maintain healthy diets, contributes to positive health outcomes, and reduces risk of disease • Longer cook times and shorter shelf life • Higher price point due to shorter shelf life	• Milled to remove bran and germ layer, leaving just the endosperm • Enriched with naturally occurring vitamins and minerals • Nutritious complex carbohydrate • Shorter cook times and almost indefinite shelf life • Accounts for the majority of U.S. rice production • Most consumed rice worldwide • More affordable



Enriched White Rice

Enrichment adds back nutrients that are naturally occurring in the grain but lost during the milling process from brown to white rice.

Essential nutrients include thiamin, niacin, magnesium, selenium, potassium, iron, and folic acid.



Nutritional Benefits of Rice

“Free Food”	Low Calorie	Fat-Free	Nutrient Dense	Healthy Food Driver	Improves Diet Quality
Rice is naturally sodium-, cholesterol-, GMO-, and gluten-free ^{*, **, &}	Rice is only 100 calories per half cup serving ^{*, **}	Rice contains no saturated or trans fats ^{*, **}	Rice is a source of more than 15 essential vitamins and minerals including, folic acid, B vitamins, potassium, magnesium, selenium, fiber, iron, and zinc ^{*, **}	Rice drives consumption of more healthy foods. Top foods eaten with rice are vegetables, protein, legumes, and eggs ⁺	Rice consumption is linked to higher intakes of fiber, folate and iron, along with increased levels of fruit, legumes, and vegetables. Rice eaters also eat less added sugars. ^{+, ^, #}

^{*}USDA FoodData Central. Rice, brown, long-grain, cooked. Available at: <https://fdc.nal.usda.gov/food-details/169704/nutrients>
^{**} USDA FoodData Central. Rice, white, long-grain, regular, enriched, cooked. Available at: <https://fdc.nal.usda.gov/food-details/168878/nutrients>
&ThinkRice.com. U.S. Rice Facts. Available at: <https://www.usarice.com/thinkrice/discover-us-rice/us-rice-facts>
⁺Hartman Group’s Eating & Drinking Occasions Compass Database 2023, adults 18-76. Base: 2023 Total Occasions (n=14,890); 2023 Rice Occasions (n=605). Indexed to Total Food & Beverage Occasions 2023.
[^]National Institutes of Health Office of Dietary Supplements. Iron. Available at: <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>
[#]National Institutes of Health. Office of Dietary Supplements. Folate. Available at: <https://ods.od.nih.gov/factsheets/Folate-HealthProfessional/>





Rice Supports Weight Management

Both enriched white and brown rice support a healthy body weight.*



* Higgins JA. Resistant starch and energy balance: impact on weight loss and maintenance. Crit Rev Food Sci Nutr. 2014;54(9):1158-66. doi: 10.1080/10408398.2011.629352.





Children Who Regularly Eat Rice Tend To

- ✓ • Eat more fruits and vegetables, especially dark green and orange vegetables
- ✓ • Consume more beans and total grains
- ✓ • Eat a diet higher in vitamin A, vitamin D, folate, magnesium, iron, vitamin B12, thiamin, niacin, and zinc*



* Nicklas TA, O'Neil C, Fulgoni V. Rice consumption is associated with better nutrient intake and diet quality in adults: National Health and Nutrition Examination Survey (NHANES) 2005-2010. Food Nutri Sci. 2014;5(6):525-532. <http://dx.doi.org/10.4236/fns.2014.56062>



Grains in School Meals Help Schools Stay on Budget and Feed Hungry Students



The current school meal pattern includes:

- At least 8 and up to 10 servings of grain or meat/meat alternate oz/eq per week at breakfast.*
- At least 8 and up to 12 servings of grain oz/eq per week at lunch.**

*U.S. Food and Nutrition Administration. School Breakfast Program Meal Pattern. Available at: <https://www.fna.usda.gov/school-meals/nutrition-standards/sbp-meal-pattern>.

**U.S. Food and Nutrition Administration. National School Lunch Program Meal Pattern. Available at: <https://www.fna.usda.gov/school-meals/nutrition-standards/nslp-meal-pattern>



Grains in School Meals Help Schools Stay on Budget and Feed Hungry Students

- Rice is a simple, scratch cooking ingredient in school meals.
- Rice is one of the most affordable, nutrient-dense, and non-processed foods available to school operators.
- Applicable across school menus meal parts
- Universally accepted ingredient
- Diet-friendly



The Operational Efficiency of Enriched White Rice for Use in K-12 Nutrition Programs



- Affordability
- Low Waste
- Versatility in preparation methods
- Limited labor required
- Long hold times
- Longer shelf life
- Shorter and consistent cooking time – help school nutrition staff to prepare meals





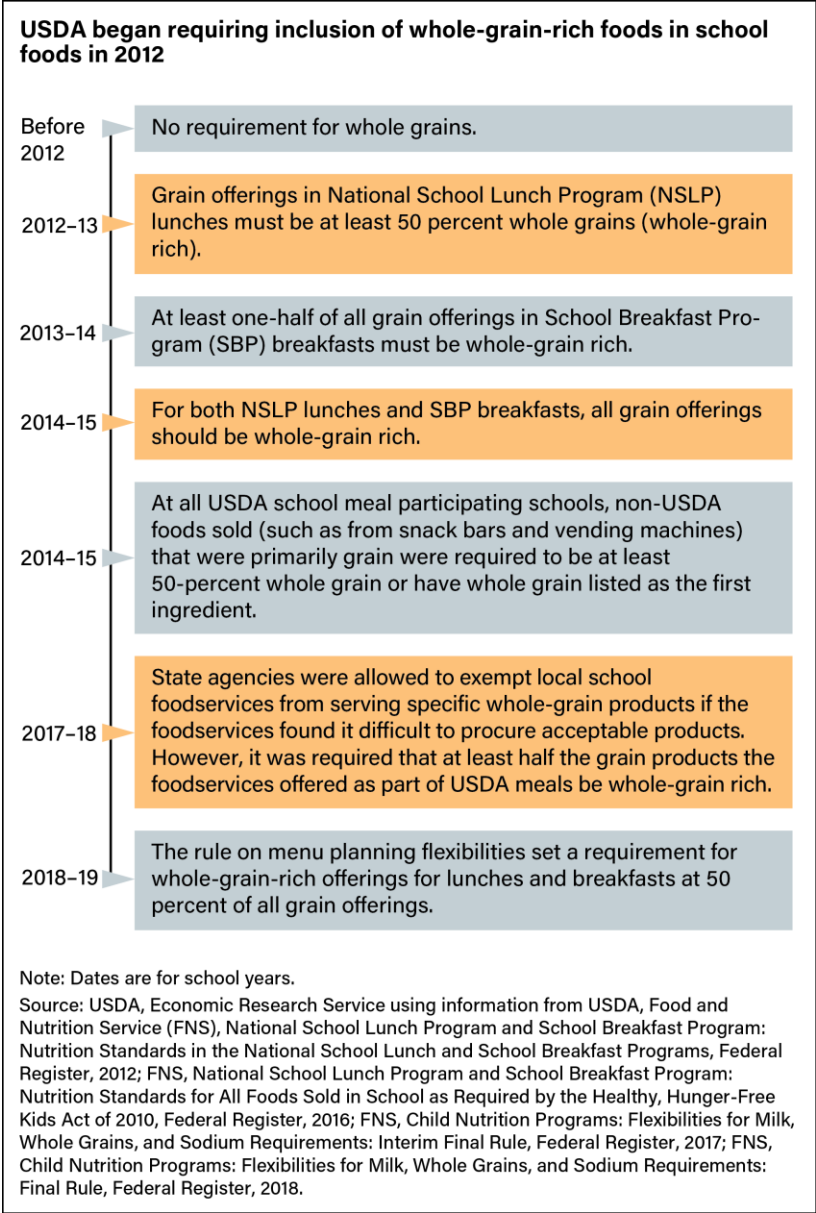
Comments from the Federal Register for Child Nutrition Programs

Flexibility to include enriched grains to allow schools to serve popular meals such as flour tortillas and white rice





History of Grains Recommendations for Schools





Including Enriched Grains Helps Reduce Plate Waste

From USDA Reducing Food Waste at Schools “The best way to tackle food waste is to make sure students consume what they take.”*

From USDA FNS Plate Waste investigation in 2016:

- The whole grain-rich bread, rice, and pasta offered in the early stages of Healthy Hunger-Free Kids Act implementation were not well accepted and led to increased plate waste.
- Increased use of a blend of whole grain-rich and enriched grains resulted in greater student acceptance and less waste.**



* USDA. Reducing Food Waste at K12 Schools. Available at: <https://www.usda.gov/foodlossandwaste/schools>

** USDA. FNS. Plate Waste. Available at: <https://fns-prod.azureedge.us/sites/default/files/ops/HHFKA-PlateWaste.pdf>

The Importance of Enriched Grains for Health Promotion





The Importance of Enriched Grains for Contribution to Fiber Intakes



- Enriched grains as well as whole grains play a role in health promotion and help close the fiber gap.*
- Whole grain foods are shown to contribute just 7% of total daily fiber intake while enriched and fortified grains contribute 39% of total daily fiber intake.**

* Mobley AR, Slavin JL, Hornick BA. The future of recommendations on grain foods in dietary guidance. J Nutr. 2013 Sep;143(9):1527S-1532S. doi: 10.3945/jn.113.175737. Epub 2013 Jul 17. PMID: 23864510.

** Kranz S, Dodd KW, Juan WY, Johnson LK, Jahns L. Whole Grains Contribute Only a Small Proportion of Dietary Fiber to the U.S. Diet. Nutrients. 2017 Feb 17;9(2):153. doi: 10.3390/nu9020153. PMID: 28218657; PMCID: PMC5331584.



The Importance of Enriched Grains for Contribution to Folate Intakes

- Because fortified grains and rice products are widely consumed, they are important contributors to folic acid intakes.*
- One half cup of enriched white rice supplies 90 mcg folic acid, which is 22% of the daily value.*
- Avoidance of fortified grains can lead to inadequate intake of folic acid.*,**



* National Institutes of Health. Office of Dietary Supplements. Folate. Available at: <https://ods.od.nih.gov/factsheets/Folate-HealthProfessional/>

** Desrosiers TA, Siega-Riz AM, Mosley BS, Meyer RE; National Birth Defects Prevention Study. Low carbohydrate diets may increase risk of neural tube defects. Birth Defects Res. 2018 Jul 3;110(11):901-909. doi: 10.1002/bdr2.1198. Epub 2018 Jan 25. PMID: 29368448.



The Importance of Enriched Grains for Contribution to Iron Intakes

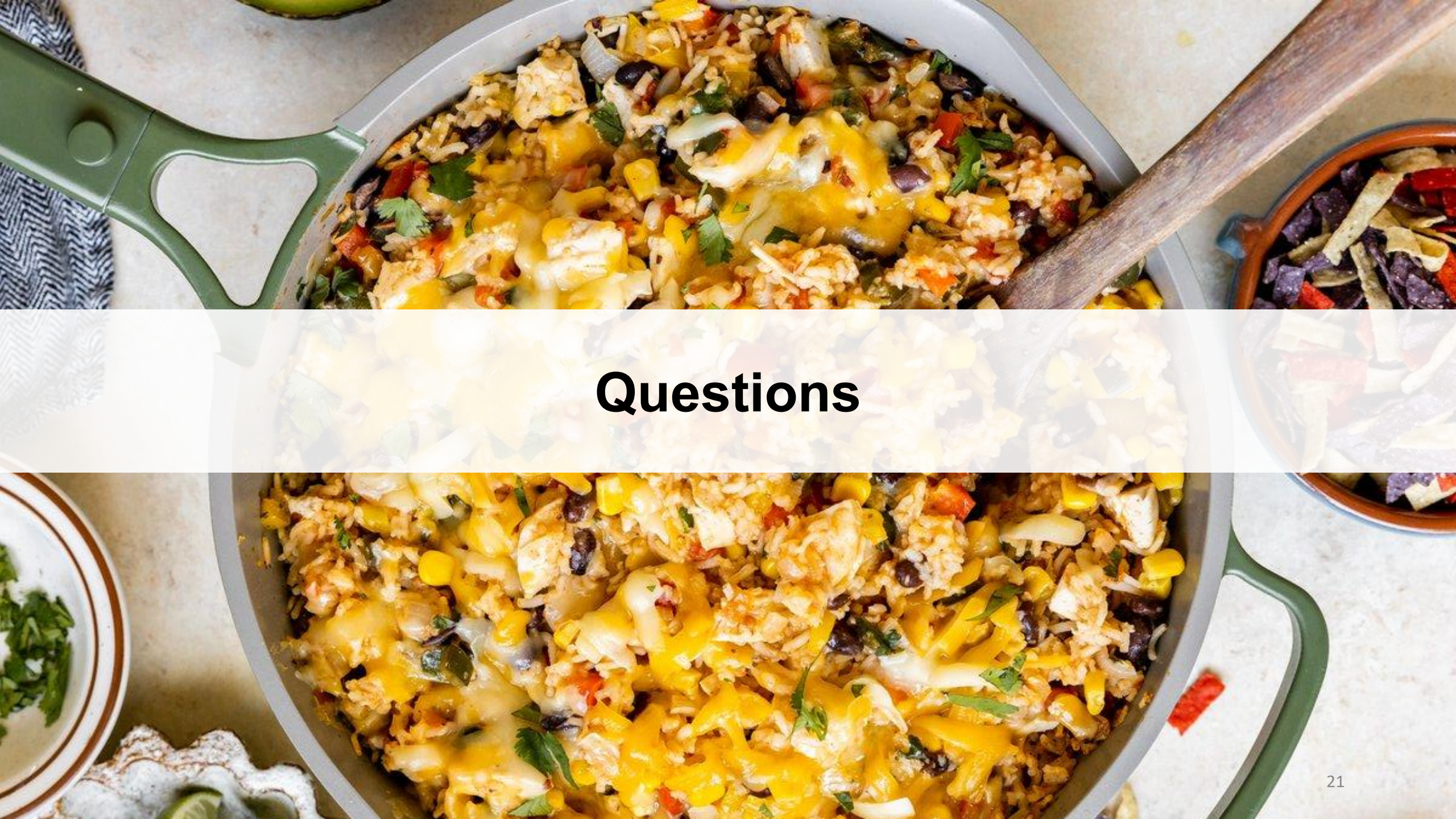
- About half of dietary iron comes from fortified and enriched grain products such as cereal, white rice, and other grains.*

* National Institutes of Health Office of Dietary Supplements. Iron. Available at: <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>

Fortification/Enrichment of Whole Grain Rice is Not Possible

Fortification/enrichment of whole grain rice is not possible due to the anatomy of whole grain rice and available technology.*





Questions