

A SMALL GRAIN WITH LOTS OF HEALTH BENEFITS ▶▶▶



Brown rice: A nutritious staple

Did you know that brown rice is a powerhouse of essential nutrients? While both white and brown rice have important vitamins and minerals, brown rice has more of what matters – like B vitamins, niacin, zinc, or magnesium. Why? It still contains all parts of the grain – including the so-called bran and the germ which include a lot of what is good for your health.¹



YOU SHOULD CONSUME ABOUT
1 CUP OF WHOLE GRAINS
LIKE BROWN RICE PER DAY²

Choose whole grains instead of refined grains

Regularly eating whole grains like brown rice may have various positive effects on your health¹:

/// Heart Health

Eating brown rice may help reduce several risk factors for heart disease³

/// Blood Sugar

Bran and fiber slow the breakdown of starch into glucose, supporting steady blood sugar

/// Weight Control

Brown rice contains a lot of dietary fiber which cause you to feel fuller longer while taking in fewer calories.



[Check out these recipes that can be served with brown rice](#)

¹ Harvard. [The Nutrition Source](https://nutritionsource.hsph.harvard.edu/what-should-you-eat/whole-grains/), <https://nutritionsource.hsph.harvard.edu/what-should-you-eat/whole-grains/>

² The World Health Organization recommends 180g of grains (like brown rice) for an adult per day, [https://applications.emro.who.int/docs/EMROPUB_2019_en_23536.pdf?ua=1#:~:text=Eat%20fruits%2C%20vegetables%2C%20legumes%20,\(g%20of%20meat%20and%20beans.](https://applications.emro.who.int/docs/EMROPUB_2019_en_23536.pdf?ua=1#:~:text=Eat%20fruits%2C%20vegetables%2C%20legumes%20,(g%20of%20meat%20and%20beans.)

³ Effect of Brown Rice Consumption on Inflammatory Marker and Cardiovascular Risk Factors among Overweight and Obese Non-menopausal Female Adults - PubMed ([nih.gov](https://pubmed.ncbi.nlm.nih.gov/)).



Fill your plate with color

Take your meal to the next level. In theory, the more colorful your plate is, especially with fruits and vegetables, the more vitamins and minerals you are consuming. Challenge yourself to add some of these colors to your next meal, either fresh, frozen, or canned:

- Yellow** Sweet peppers are a good source of Vitamin C that can help you absorb the iron found in other food.
- Orange** Carrots are high in vitamin A which can support your vision, cell growth and immune system.
- Red** Tomatoes are a good source of vitamin C and can help support a healthy immune system.
- Green** Broccoli is low in fat and sodium. It is cholesterol and saturated fat free, and a good source of fiber, potassium, and vitamin C. These may help reduce the risk of high blood pressure.

OptUP™ can you find the right balance

We know eating healthy can feel hard. OptUP™ can help this feel less daunting. You don't have to give up your favorite foods just to eat a healthy diet. Rather than avoiding your favourite foods, consider how you can make your meal even that much more delicious and nutritious by adding vitamins and minerals to your plate. The OptUP™ scoring system in the Kroger App helps you easily identify the tasty and healthy recipes that can be made with brown rice.



[Check out the Kroger App - OptUP™ included](#)

Need help filling nutritional gaps?

You should always try to get your vitamins and minerals from food first. That said, nutritional supplements can help provide the important vitamins and minerals we need to support our overall health and wellbeing. Take care, now by fuelling your body right:



SCAN CODE FOR
**FREE, HEALTHY &
EASY RECIPES**

**TAKE
CARE,
NOW**

