



RICE

LOW-CALORIE MENUS AND RECIPES

NAP Collection
Advancing Cookbook
Box 1970S-6

SHAPE UP YOUR SHAPE WITH RICE

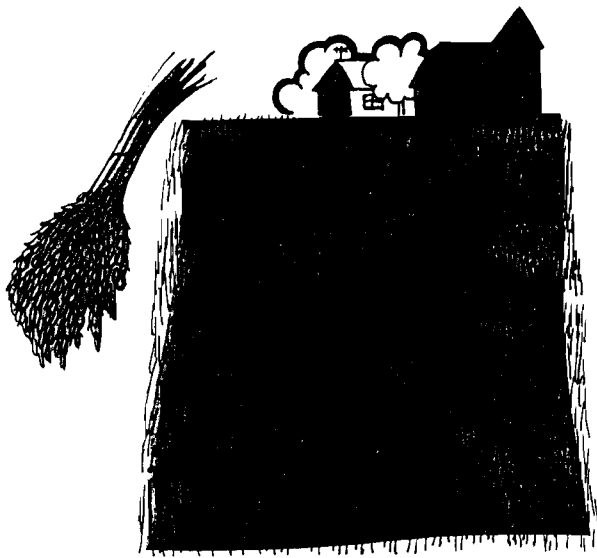
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Can Rice Be Used as a Key Food in a Weight Reducing Diet?

Absolutely!

With rice as a basic food in a weight reducing diet, many of the problems that often frustrate overweight people just disappear. Rice offers many advantages to the dieter and just as importantly, to other members of the family who are not watching their weight. Dieting can often become complicated because it is seldom that all members of a family need a weight reduction program at the same time. The routine of double menus, double shopping or foods that nobody really enjoys, finally just gets to be too much. But with rice and its versatility, it is easy to plan menus for the entire family—lose weight and at the same time be certain that good nutrition for all is maintained.

Think about Rice!



Rice is Not a High Calorie Food.

Rice has only 90 calories per half cup serving, making it a food friendly to the dieter while at the same time providing needed energy.

Rice is Easily and Quickly Digested.

Rice is a primary source of carbohydrates, and because of its digestibility the calories are readily available for energy and to help utilize other nutrients.

Think about Rice!

Va-rice-ity.

Because of its unique versatility, the variety of delicious rice dishes is virtually unlimited. Rice's acceptable blandness harmonizes with and complements the flavors of most other foods.

While it certainly isn't a comforting fact, if you are overweight you are far from being alone. Recently compiled statistics show that more than half of the people in the U. S. over 30 are substantially overweight. With easy, push button living, excess weight creeps up before you know it.

Ideal weight should be maintained for better looks, vitality, better health and longer life. But crash diets or fad diets are not the answer. The only way to achieve your correct weight and keep it is to follow the principles of good nutrition. Always check with your doctor to determine just how much weight and how fast you should lose.

Think about Rice!