While diet fads come and go, everyone wants wholesome food for their families. When it comes to rice you have to separate fact from fiction. Here’s what you need to know about the world’s most popular grain.

**FACT VS. FICTION**

**FACT:**
- Is composed of complex carbohydrates
- Helps the body maintain consistent energy levels
- Contains fiber, protein and other beneficial nutrients

**FICTION:**
- Eating white rice is like eating sugar.
- White rice has zero nutritional value.

While diet fads come and go, everyone wants wholesome food for their families. When it comes to rice you have to separate fact from fiction. Here’s what you need to know about the world’s most popular grain.

**FACT:**
- Rice is high in calories.

**FICTION:**
- Rice is boring.

For more information about RiceSelect, visit RiceSelect.com.

Sources: