



U.S. Medium Grain Rice

U.S. MEDIUM GRAIN RICE CHARACTERISTICS

PHYSICAL:
2.0-2.9:1 length/
width ratio

Southern medium grains are larger than California medium grains

Can be brown rice or milled white rice

COOKING:
Southern medium grain rice does not cook as soft or sticky as California medium grains

Calrose medium grains are soft and stick together; New Variety are glossier, softer and stickier

1 cup dry rice yields 3 cups cooked rice



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VARIETY NAMES: *Southern:* Bengal, Jupiter, Neptune

California: Calrose (M201 and M202), New Variety (Kokuho Rose, M401)

GROWING AREAS AND PRODUCTION: Arkansas, California, Louisiana, Missouri, and Texas. Medium grain rice accounts for 29 percent of the U.S. rice crop.

APPLICATIONS:

Features:

- Medium grains are used in expanded rice for breakfast cereals, confections and snack type products
- Medium grain rice is used for a creamy consistency, such as in desserts and puddings
- Flours used in extruded products for energy bars, snack products and breakfast cereals
- Flours and meals can be used as thickeners, in baby foods, and in extruded formulations

Whole Kernel Uses:

- New Variety is used as table rice but it's main use is in sushi
- Whole grain use in frozen products, medium grains hold sauces well
- Calrose used as table rice and in Asian dishes, is most known medium grain variety
- Southern medium grains are used in Southern foods such as red beans and rice, Mexican and Puerto Rican dishes

QUALITY/NUTRITION INFORMATION

- Starch content, Amylose content 12-19%
- Protein content lower than long grains, usually 5-7%
- Gelatinization temperatures approximately 60-65°C
- Supplied as enriched or non-enriched white, milled rice forms
- Brown medium grain rice is a whole grain
- All rice is naturally gluten-free and can be used to make gluten-free food products.
- Rice is cholesterol and sodium free, and has only a trace of fat and no trans or saturated fat.
- According to the Food and Drug Administration diets rich in whole grain foods, such as [brown rice](#) and other plant foods, and low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease and certain cancers.

RICE NUTRITION FACTS

Nutrition Facts

Enriched White Rice

Serving Size 1/2 cup cooked rice	
Calories 103	
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Sodium 0 mg	0%
Total Carbohydrate 22 g	7%
Dietary Fiber 0.5 g	2%
Protein 2 g	4%
Iron 0.95 mg	5%
Thiamin 0.129 mg	8%
Niacin 1.166 mg	5.8%
Folate 46 mcg	11.5%

* Based on USDA Data

Enriched with important vitamins and minerals, like iron, folate and zinc—nutrients that may be lacking in your diet.

Nutrition Facts

Whole Grain Brown Rice

Serving Size 1/2 cup cooked rice	
Calories 108	
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Sodium 5 mg	0.2%
Total Carbohydrate 22 g	7%
Dietary Fiber 2 g	8%
Protein 2.5 g	5%
Iron 0.41 mg	2%
Thiamin 0.094 mg	6%
Niacin 1.49 mg	7%
Folate 4 mcg	1%

* Based on USDA Data

Naturally good, naturally delicious, 100% whole grain brown rice

GROWN IN THE USA



Suppliers of U.S. Medium Grain Rice

ADM Rice, Inc.

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Arkansas Rice Mills, LLC

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Connell Rice & Sugar Company

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Falcon Rice Mill, Inc

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Producers Rice Mill, Inc.

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