



# U.S. Long Grain Rice

## U.S. LONG GRAIN RICE CHARACTERISTICS

### PHYSICAL:

>3:1 Length/width ratio

Long, slender kernel

Can be brown rice or milled, white rice

### COOKING:

Southern long grain rice cooked grains are separate, firm and fluffy

California long grain rice cooks somewhat softer than Southern long grains

1 cup dry rice yields 3 cups cooked rice

Brown rice requires longer cooking time than white milled rice



4301 N. Fairfax Drive, Suite 425  
Arlington, VA 22203-1616  
www.usarice.com/processing

Phone: 703-236-2300  
Fax: 703-236-2301

**VARIETY NAMES:** Cheniere, Clearfield, Cocodrie, Cypress, Francis, Presidio, Trenasse, Wells

**GROWING AREAS AND PRODUCTION:** Arkansas, California (very minimal acreage grown), Louisiana, Texas, Missouri, Mississippi and Florida. Long grain rice accounts for 70 percent of the U.S. rice crop.

### APPLICATIONS:

- Typically used in applications requiring distinct shape and texture, such as prepared and frozen entrees, side dishes, salads, soups and some casseroles
- Can be processed as parboiled, flaked, quick cooking or individually quick frozen

### QUALITY/NUTRITION INFORMATION:

- Starch content, Amylose content 19-23%
- Protein content approximately 7-8%
- Gelatinization temperature approximately 70°C
- Supplied as enriched or non-enriched white, milled rice forms
- Brown long 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																																																	
<p><b>Nutrition Facts</b> <b>Enriched White Rice</b></p> <p>Serving Size 1/2 cup cooked rice Calories 103</p> <table border="1"> <thead> <tr> <th></th> <th>% Daily Value*</th> </tr> </thead> <tbody> <tr> <td>Total Fat 0 g</td> <td>0%</td> </tr> <tr> <td>Saturated Fat 0 g</td> <td>0%</td> </tr> <tr> <td>Trans Fat 0 g</td> <td></td> </tr> <tr> <td>Sodium 0 mg</td> <td>0%</td> </tr> <tr> <td>Total Carbohydrate 22 g</td> <td>7%</td> </tr> <tr> <td>Dietary Fiber 0.5 g</td> <td>2%</td> </tr> <tr> <td>Protein 2 g</td> <td>4%</td> </tr> <tr> <td>Iron 0.95 mg</td> <td>5%</td> </tr> <tr> <td>Thiamin 0.129 mg</td> <td>8%</td> </tr> <tr> <td>Niacin 1.166 mg</td> <td>5.8%</td> </tr> <tr> <td>Folate 46 mcg</td> <td>11.5%</td> </tr> </tbody> </table> <p>* Based on USDA Data</p> <p>Enriched with important vitamins and minerals, like iron, folate and zinc—nutrients that may be lacking in your diet.</p>		% 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%	<p><b>Nutrition Facts</b> <b>Whole Grain Brown Rice</b></p> <p>Serving Size 1/2 cup cooked rice Calories 108</p> <table border="1"> <thead> <tr> <th></th> <th>% Daily Value*</th> </tr> </thead> <tbody> <tr> <td>Total Fat 1 g</td> <td>1%</td> </tr> <tr> <td>Saturated Fat 0 g</td> <td>0%</td> </tr> <tr> <td>Trans Fat 0 g</td> <td></td> </tr> <tr> <td>Sodium 5 mg</td> <td>0.2%</td> </tr> <tr> <td>Total Carbohydrate 22 g</td> <td>7%</td> </tr> <tr> <td>Dietary Fiber 2 g</td> <td>8%</td> </tr> <tr> <td>Protein 2.5 g</td> <td>5%</td> </tr> <tr> <td>Iron 0.41 mg</td> <td>2%</td> </tr> <tr> <td>Thiamin 0.094 mg</td> <td>6%</td> </tr> <tr> <td>Niacin 1.49 mg</td> <td>7%</td> </tr> <tr> <td>Folate 4 mcg</td> <td>1%</td> </tr> </tbody> </table> <p>* Based on USDA Data</p> <p>Naturally good, naturally delicious, 100% whole grain brown rice</p>		% 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%
	% 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%																																																
	% 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%																																																



# Suppliers of U.S. Long Grain Rice

## **ADM Rice, Inc.**

660 White Plains Rd.  
Tarrytown, NY 10591  
Phone: 914-366-7125  
Fax: 914-366-7124  
Email: [admrice@adm.com](mailto:admrice@adm.com)  
[www.adm.com](http://www.adm.com)

## **American Rice, Inc.**

10700 North Freeway, Suite 800  
Houston, TX 77037  
Phone: 281-272-8800  
Fax: 281-272-9682  
Email: [llyn.mceuen@gruposos.com](mailto:llyn.mceuen@gruposos.com)  
[www.amrice.com](http://www.amrice.com)

## **Anheuser-Busch Companies, Inc.**

One Busch Pl. (202-6)  
St. Louis, MO 63118  
Phone: 314-577-3104  
Fax: 314-577-4612  
[www.anheuser-busch.com](http://www.anheuser-busch.com)

## **Arkansas Rice Mills, LLC**

P.O. Box 2398  
Jonesboro, AR 72402  
Phone: 870-268-7500  
Fax: 870-268-7501  
Email: [randy@arkansasricemills.com](mailto:randy@arkansasricemills.com)  
[www.arkansasricemills.com](http://www.arkansasricemills.com)

## **Beaumont Rice Mills, Inc.**

P.O. Box 3111  
Beaumont, TX 77704-3111  
Phone: 409-832-2521  
Fax: 409-832-6927  
Email: [lbroussard@bmtricemills.com](mailto:lbroussard@bmtricemills.com)  
[www.bmtricemills.com](http://www.bmtricemills.com)

## **Cache River Valley Seed LLC.**

P.O. Box 10  
Cash, AR 72421  
Phone: 870-477-5427  
Fax: 870-477-5233

## **Caribbean Grain Company**

151, Angle Avenue Jean Paul II et  
Impasse Duverger  
P.O. Box 30167  
Port-au-Prince, Haiti  
Phone: 509-22-46-0500  
Fax: 509-22-46-0861  
Email: [commodities@acraindustries.com](mailto:commodities@acraindustries.com)  
[www.acraindustries.com](http://www.acraindustries.com)

## **Doguet's Rice Milling Company**

795 S. Major Dr.  
Beaumont, TX 77707  
Phone: 409-866-2297  
Fax: 409-866-1646  
Email: [dricemill@aol.com](mailto:dricemill@aol.com)  
[www.doguets.com](http://www.doguets.com)

## **Falcon Rice Mill, Inc**

215 Norris  
Crowley, LA 70527-0771  
Phone: 337-783-3825  
Fax: 337-783-1568  
Email: [robert@falconrice.com](mailto:robert@falconrice.com)  
[www.falconrice.com](http://www.falconrice.com)

## **Far West Rice, Inc.**

P.O. Box 370  
Durham, CA 95938-0370  
Phone: 530-891-1339  
Fax: 530-891-0723  
Email: [sales@farwestrice.com](mailto:sales@farwestrice.com)  
[www.farwestrice.com](http://www.farwestrice.com)

## **Farmers Rice Milling Co., Inc.**

P.O. Box 3704  
Lake Charles, LA 70602-3704  
Phone: 337-433-5205  
Fax: 337-433-1735  
Email: [jamesw@frmco.com](mailto:jamesw@frmco.com)  
[www.frmco.com](http://www.frmco.com)

## **Global Commodities Trading Group, Inc.**

3017 Douglas Blvd, Suite 300  
Roseville, CA 95661  
Phone: (916) 622-5033  
Fax: (916) 772-0309  
Email: [rvelasquez@global-commodities.com](mailto:rvelasquez@global-commodities.com)  
[www.globalcommodities.com](http://www.globalcommodities.com)

## **Gulf Rice Milling, Inc.**

12010 Taylor Rd.  
Houston, TX 77041-1222  
Phone: 713-464-0606  
Fax: 713-467-0325  
Email: [gpsales@gulfpac.com](mailto:gpsales@gulfpac.com)  
[www.gulfpac.com](http://www.gulfpac.com)

## **Jazzmen Rice, LLC**

3600 St. Charles Ave  
Suite 100  
New Orleans, LA 70115  
Phone: 504-241-5056  
Fax: 504-241-5057  
Email: [awong@jazzmenrice.com](mailto:awong@jazzmenrice.com)  
[www.jazzmenrice.com](http://www.jazzmenrice.com)

## **KBX, Inc.**

819 Vulcan Rd.  
Benton, AR 72015  
Phone: 501-778-8820  
Fax: 501-778-8897  
Email: [smk@kbx-rice.com](mailto:smk@kbx-rice.com)

## **Louis Dreyfus Commodities**

40 Danbury Rd.  
Wilton, CT 06897  
Phone: 203-761-2064  
Fax: 203-761-2375  
Email: [howard.henke@ldcommodities.com](mailto:howard.henke@ldcommodities.com)  
[www.ldcommodities.com](http://www.ldcommodities.com)

## **Louisiana Rice Mill, LLC.**

P.O. Box 160  
Mermentau, LA 70556  
Phone: 337-783-9777  
Fax: 337-783-0489  
Email: [bobby@laricemill.com](mailto:bobby@laricemill.com)  
[www.laricemill.com](http://www.laricemill.com)

# Suppliers of U.S. Long Grain Rice

## **Lundberg Family Farms**

P.O. Box 369  
Richvale, CA 95974-0369  
Phone: 530-882-4551  
Fax: 530-882-4500  
Email: [info@lundberg.com](mailto:info@lundberg.com)  
[www.lundberg.com](http://www.lundberg.com)

## **Mars Food US**

2001 East Cashdan St.  
Rancho Dominguez, CA 90220  
Phone: 562-616-7485  
Fax: 562-616-0552  
[www.mars.com](http://www.mars.com)

## **National Rice Company**

300 Drakes Landing Rd. , Suite 251  
Greenbrae, CA 94904  
Phone: 415-925-8500 ext. 1  
Fax: 415-925-9955  
Email: [john@nationalrice.com](mailto:john@nationalrice.com)  
[www.nationalrice.com](http://www.nationalrice.com)

## **Novel Commodities S.A.**

21 Rue des Caroubiers  
Carouge/Geneva, 01227, Switzerland  
Phone: 41-22-307-8-328  
Fax: 41-22-307-8-300  
Email: [trading@novelcommodities.ch](mailto:trading@novelcommodities.ch)  
[www.novelcommodities.ch](http://www.novelcommodities.ch)

## **Pacific International Rice Mills, Inc**

P.O. Box 652  
Woodland, CA 95776-0652  
Phone: 530-668-3909  
Fax: 530-668-3912  
Email: [brendan.odonnell@anheuser-busch.com](mailto:brendan.odonnell@anheuser-busch.com)  
[www.anheuser-busch.com](http://www.anheuser-busch.com)

## **Planters Rice Mill, LLC.**

403 S Washington  
Abbeville, LA 70510  
Phone: 337-315-0004  
Fax: 337-893-1122  
[www.plantersllc.com](http://www.plantersllc.com)

## **Producers Rice Mill, Inc.**

P.O. Box 1248  
Stuttgart, AR 72160  
Phone: 870-673-4444  
Fax: 870-672-4473  
[www.producersrice.com](http://www.producersrice.com)

## **Riceland Foods, Inc.**

2120 South Park Ave.  
Stuttgart, AR 72160  
Phone: 870-673-5551  
Fax: 870-673-3366  
Email: [kmcgilton@riceland.com](mailto:kmcgilton@riceland.com)  
[www.riceland.com](http://www.riceland.com)

## **Riverbend Rice Mill, Inc.**

P.O. Box 830  
Colusa, CA 95932  
Phone: 530-458-8561

## **Riviana Foods Inc.**

2777 Allen Parkway  
Houston, TX 77019  
Phone: 713-525-9568  
Fax: 713-529-1866  
[www.riviana.com](http://www.riviana.com)

## **Schepens & Company N.V.**

Jan Blockxstraat 1  
Antwerp, 2018, BE  
Phone: 011-32-3-259-1760  
Fax: 011-32-3-259-1761  
Email: [rice@schepens.be](mailto:rice@schepens.be)  
[www.schepens.be](http://www.schepens.be)

## **Sem-Chi Rice Products Corporation**

P.O. Box 1097  
Loxahatchee, FL 33470  
Phone: 561-996-6054  
Fax: 561-996-9059  
Email: [rene\\_gonzalez@floridacrystals.com](mailto:rene_gonzalez@floridacrystals.com)  
[www.floridacrystals.com](http://www.floridacrystals.com)

## **Specialty Rice, Inc.**

1000 W. 1st St.  
Brinkley, AR 72021-9000  
Phone: 870-734-1233  
Fax: 870-734-1237  
Email: [srmi@sbcglobal.net](mailto:srmi@sbcglobal.net)  
[www.dellarice.com](http://www.dellarice.com)

## **Sub Commerce Inc.**

1224 Main Street  
Schenectady, NY 12303  
Phone: 518-879-3273  
Email: [subconinc@yahoo.com](mailto:subconinc@yahoo.com)

## **SunFoods LLC**

194 West Main St., Suite 202  
Woodland, CA 95695  
Phone: 530-661-1923  
Fax: 530-668-1991  
Email: [webmaster@goldrivermills.com](mailto:webmaster@goldrivermills.com)  
[www.sunfoodsllc.com](http://www.sunfoodsllc.com)

## **Windmill Rice Co. LLC**

6875 Hwy 1 South  
Jonesboro, AR 72404  
Phone: 870-932-0096  
Fax: 870-336-2254  
Email: [will@windmillrice.com](mailto:will@windmillrice.com)  
[www.windmillrice.com](http://www.windmillrice.com)