

Brown Rice – Quick Tips for CPAs

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Brown Rice

Brown Rice is a whole grain rice with the inedible outer hull removed. The light brown color is caused by the presence of bran layers, which are rich in minerals, vitamins, and fiber. Cooked brown rice has a slightly chewy texture and a nut-like flavor.

- **Remind participants to use the WIC app to scan and identify WIC-allowed brown rice products while shopping.** WIC-allowed rice products are listed on the MDH WIC website at [UPC Codes – MN WIC APL](#) for WIC staff reference.
- **Adjust cooking time:** Brown rice takes about twice as long to cook compared to white rice.

Consider the cultural significance of white rice and approach these situations with sensitivity and respect. For some, white rice is a traditional part of the diet and carries important cultural meaning. The unique texture and mild flavor of white rice allow the comforting flavors of traditional dishes to shine through. Using a combination of white and brown rice in traditional rice-based dishes can maintain the familiarity of the dish, while introducing the health benefits of brown rice. If the participant is interested in trying brown rice:

- Acknowledge the significance of white rice in the culture while offering brown rice as a complementary and healthier choice.
- Emphasize that incorporating brown rice alongside white rice can provide a more balanced and nutritious diet.
- Suggest the family try brown rice in non-traditional dishes to introduce the unique taste and texture.
- **Introduce brown rice slowly.** Mix in small amounts cooked brown rice with cooked white rice and gradually increase the proportion of brown rice over time, allowing time to adjust to the new taste and texture.
- **Suggest replacing white rice with brown rice in mixed dishes where the difference is less noticeable.** Participants might be willing to try brown rice in mixed dishes such as in soups, stews, and tortilla wraps.
- **Offer simple ways to use brown rice.** Share your experiences, especially if there is an easy recipe that your child likes. Here are some quick ideas:
 - **Cinnamon Rice:** Prepare brown rice. Add butter and milk to the hot rice. Stir in cinnamon and brown sugar. Add fresh berries, sliced peaches, bananas, or other fruits.

- **Rice and beans/lentils:** Sauté onion, bell pepper and garlic. Add cooked rice. Stir in beans or lentils and diced canned or fresh tomatoes. Example of a [Lentils and Rice recipe](#).
- **Easy Fried Rice:** Scramble an egg and add cooked brown rice. Stir-in any of the following: sliced mushrooms, chopped onion, chopped bell pepper, peas, diced carrots, ginger or garlic, soy sauce, or fully cooked ham, chicken, or shrimp. Example of a [Fried Rice recipe](#).
- **Rice Bowl:** Layer leftover brown rice with a favorite protein and a variety of vegetables like peppers, cucumber, and shredded carrots. Drizzle with your favorite sauce or dressing.

Reference – Complete Listing of Hyperlinks

[UPC Codes – MN WIC APL](#)

(<https://www.health.state.mn.us/people/wic/vendor/fpchng/upc/index.html>)

[Lentils and Rice recipe](#)

(<https://www.health.state.mn.us/people/wic/recipes/beans.html#lentils>)

[Fried Rice recipe](#) (<https://www.health.state.mn.us/people/wic/recipes/breads.html#fried>)

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