

September is "National Rice Month"

Facts about Rice:

Rice is a grain that is used extensively as an early solid food for babies because it is very "non allergenic". Rice is also gluten free, so it's a safe food for people with wheat intolerance or gluten intolerance. Even though a person with kidney failure in the later stages should avoid eating brown rice, because it has extra potassium and phosphorus, if you have stage 1 or stage 2, you should eat brown rice to increase the amount of whole grains in your diet.

Rice has been grown in the US for over 300 years, especially in the states of Arkansas, California, Louisiana, Mississippi, Texas and Missouri. They collectively grow over 85% of the rice we eat in the US and grow about 24 billion pounds per year.

A portion of rice is usually thought of as 1/2 cup, and it is for people who do not have diabetes. If you have diabetes, a portion of rice is only 1/3 cup. Both of those are cooked portions. Rice has no fat or cholesterol naturally. And it is a complex carbohydrate that fuels your body and doesn't add to your electrolyte imbalance in kidney failure. More reason to celebrate.

Rice provides folic acid as an enriched product, great for patients to help them maintain their levels. Rice also contains only about 100 calories in a 1/2 cup serving, so it's an easy way to get extra calories if you are losing weight or can't maintain your weight. You can feel full and have the calories you need. You can add a little olive oil and lemon pepper and have a great side dish without much work either.

<http://www.usarice.com/doclib/125/6233.pdf>

Recipe courtesy of Davita at: <http://www.davita.com/recipes/pasta,-rice-and-grains/lemony-rice-pilaf/r/5681>

Nutrients per serving	Cholesterol 18 mg
Calories 245	Sodium 110 mg
Protein 7 g	Potassium 146 mg Phosphorus 92 mg
Carbohydrates 37 g	Calcium 56 mg
Fat 7 g	Fiber 1.0 g

Provided by: www.renaldiethq.com

Lemony Rice Pilaf

Portions: 8 Serving size: 3/4 cup

Ingredients

1/4 cup butter
1 cup onion, chopped
1 teaspoon garlic, minced
2 cups long grain white rice, uncooked
1/2 cup fresh lemon juice
1/4 cup fresh parsley, minced
1 teaspoon thyme
1/2 teaspoon basil
1/2 teaspoon dill weed
1/4 teaspoon ground black pepper
1/4 cup grated Parmesan cheese
2-3/4 cups low-sodium chicken broth

Preparation

Preheat oven to 350° F.

Heat butter or margarine over medium heat in a Dutch oven. When melted, add onion and garlic; stir frequently. After 2 to 3 minutes, add the rice, tossing grains well to coat with fat. Sauté for 2 minutes.

Add lemon juice, parsley, seasonings, and parmesan cheese to rice. Mix well.

Heat chicken broth to a boil and add to rice mixture. Stir well. Cover with lid, and place in pre-heated oven. Bake for 20 minutes.

Remove from oven and fluff with two forks.

Garnish with dill weed or parsley sprig.

Renal and renal diabetic food choices

2 starch

1/2 vegetable, low potassium

1 fat

Carbohydrate choices

2-1/2

Helpful hints

In step #4, if broth is not boiling, the end product will be heavy and will stick to the pan.

Clinic Stamp