

## Preparing for Emergencies: R. I. C. E.

“RICE” stands for rest, ice, compression, and elevation. RICE is often the best treatment for soft tissue injuries, such as bruises, sprains, and strains. “RICE” also works well on pulled muscles or muscle spasms. This treatment reduces the inflammation that comes with acute injury. Inflammation often causes redness, heat, swelling, and pain. The earlier you start the RICE treatment after an injury, the better it works.



### REST



### ICE



### COMPRESSION



### ELEVATION



## PERFECT RICE EVERY TIME

Follow Package Direction, or  
Follow This Time Tested Method:

Combine 1 cup rice, liquid (see chart below), 1 teaspoon salt (optional) and 1 tablespoon butter or margarine (optional) in a 2 to 3 quart saucepan. Heat to boiling; stir; reduce heat; cover and cook according to time on chart. If liquid is not absorbed, replace cover and cook 2 to 4 minutes longer. Fluff with fork.

1 Cup Uncooked Rice	Liquid (Cups)	Cooking Time (Minutes)
Milled white long grain	1¾ to 2	15
Milled white medium or short grain	1½ to 1¾	15
Brown	2 to 2½	45 to 50
Parboiled	2 to 2½	20 to 25

Precooked, flavored or seasoned mixes -  
Follow package directions

Liquids other than water can be used to cook rice to add extra flavor without adding extra fat and calories: chicken/beef/vegetable broth, bouillon, or fruit/vegetable juices diluted with water.

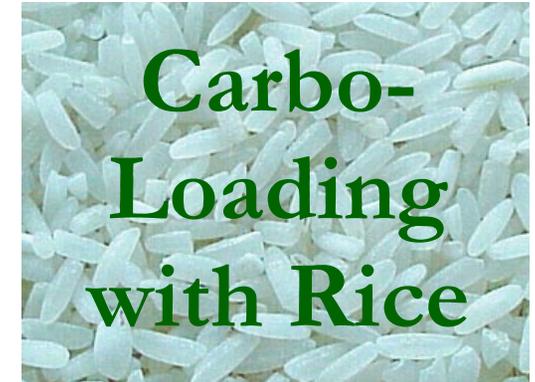


For More Information, contact:  
US Rice Producers Association  
2825 Wilcrest Drive, Suite 505  
Houston, Texas 77042  
Phone: 713-974-RICE  
Fax: 713-974-7696  
info@usriceproducers.com  
www.usriceproducers.com  
www.riceromp.com

USRPA is an equal opportunity provider and employer.

US Rice Producers  
Association

Do the RICE thing!



## “CARBS” FUEL THE MUSCLES

If you don't want to drag yourself over the finish line, you need to fuel your muscles before and during the event. A high-carbohydrate, moderate-protein and low-fat meal is best before the event (and after to replenish spent muscles). Wholesome carbohydrates like rice, whole grain bread, pasta and cereal, and natural sugars, like fruits and vegetables and fruit juices, provide the best energy for muscles. This energy is stored in muscles in the form of glycogen. But, the body can only store about an hour's worth of carbohydrate, so you need to eat some form of carbohydrate during a long event, too. A sports drink, some fruit or a small energy bar will do the trick.

The trick is to eat complex carbohydrates like unprocessed starches like rice, whole grain breads and cereals and fruits. They have more nutritional value than the refined sugars of candy and soda, and will provide the important vitamins, minerals and fiber that are needed for top performance and good health.



### Advantages of Rice

- At 23 grams of carbohydrate per ½ cup, rice packs more complex carbohydrates than pasta (at 20 grams of carbo per ½ cup).
- If you need Calories to replenish fuel stores, ½ cup of rice has 110 Calories versus pasta at 99, and potatoes at 68.
- At 4 cents per ½ cup service, rice is the right price!
- It is cholesterol free
- It contains minimal fat and sodium
- It is readily digestible
- It is gluten free - which means that it is an alternative for those who are wheat intolerant
- It is low in fiber (brown rice = 0.2 gram fiber per ½ cup vs. 1.5 gram of fiber per ½ cup for pasta)

### Carbo-loading: Eight last-minute nutrition tips for endurance athletes

1. Carbo-load, don't fat-load.
2. No last minute hard training.
3. No last minute dieting.
4. Drink extra fluids.
5. Eat tried-and-true foods.
6. Eat a moderate amount of fiber.
7. Eat the morning of the endurance event.
8. Consume carbs during the event.

“Hey, want more information about the importance of carbohydrates and rice? Check out the science and health sections at [www.RiceRomp.com](http://www.RiceRomp.com).”

### CARBO BARS

A handy energy source to “carb up” during a long event

- 3 - Tablespoons butter or margarine
- 1 - 10 oz. package regular marshmallows (about 40)
- 2 - 6 oz. packages trail mix with nuts, seeds and raisins (about 2½ cups)
- 4 - Cups crisped rice cereal

In large saucepan over low heat, melt butter. Add marshmallows and stir until melted. Remove from heat. Stir in rice cereal and trail mix until well coated. Press mixture evenly into a 13x9 inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Makes 24 squares

Each square provides: 141 calories, 18 g. carbohydrate, 3 g. protein, 7 g. fat, 0 mg. cholesterol, 1 g. fiber, 0 mg. sodium.

### POWER PILAF

We made it with brown rice which has a nice nutty flavor. But white rice will be just as tasty and just as nutritious.

- 2 - Tablespoons olive oil
- 2 - Cups coarsely chopped broccoli
- 2 - Carrots, cut into match-stick size pieces
- 1 - Medium onion, chopped
- 3 - Cups cooked brown rice (cooked in low-sodium chicken broth)
- ½ - Cup toasted chopped pecans
- ½ - Cup dried cranberries, currants or raisins
- Salt and pepper to taste

Heat oil in large skillet over medium-high heat. Add broccoli, carrots and onion. Cook about 5 minutes, stirring occasionally, until vegetables are tender-crisp. Stir in rice, pecans and cranberries. Cook, stirring, until heated through. Makes 6 servings.

Each serving provides: 238 calories, 38 g. carbohydrate, 6 g. protein, 8 g. fat, 1 mg. cholesterol, 5 g. fiber, 70 mg. sodium.