



P.O. Box 5059
 Rancho Dominguez, CA 90224-5059

National School Lunch & Breakfast Program

Product Description Uncle Ben's® Natural Whole Grain Brown Rice

UPC Code 0 54800 12111 3 **Units Per Case** 1 / 25 **lb** 912

Meal Pattern Contribution

Portion Size	1/2 cup prepared
Meal Pattern	Creditable Amount
Grains (Oz. Equivalent)	1
Meat/Meat Alt. (Oz. Equivalent)	
Vegetables (Cups)	
Beans/Peas (Legumes)	

Comments

Meets the Definition of Whole Grain Rich?

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Product Information

Nutrition Information, serving size & claims, are based on FDA Regulations. Portion size used in the calculation of Meal Pattern differs from FDA Serving Size.

Nutrition Facts	
Serving Size 1/4 cup dry (48g) (About 1 cup cooked)	
Servings Per Container About 236	
Amount Per Serving	
Calories 170	Calories from Fat 15
<small>% Daily Value*</small>	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 100mg	3%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	
Thiamin 10% • Niacin 20%	
Folate 6%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Total Fat</small>	<small>Calories 2,000 2,500</small>
<small>Less Than 65g</small>	<small>90g</small>
<small>Saturated Fat</small>	<small>Less Than 20g 25g</small>
<small>Cholesterol</small>	<small>Less Than 300mg 300 mg</small>
<small>Sodium</small>	<small>Less Than 2,400mg 2,400mg</small>
<small>Potassium</small>	<small>3,500 mg 3,500 mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

WHOLE GRAIN PARBOILED BROWN RICE.

Fat Free	
Low Fat	X
No Saturated Fat	X
Low Saturated Fat	
0g Trans Fat	X
Cholesterol Free	X
Low Cholesterol	
Sodium Free	X
Very Low Sodium	
Low Sodium	

I certify that the above information is true and correct.

Rachel Gil
 Systems & Regulatory Affairs Scientist

Date Signed:

2/4/2014