



U.S. Medium Grain Rice

U.S. MEDIUM GRAIN RICE CHARACTERISTICS

PHYSICAL:
2.0-2.9:1 length/
width ratio

Southern medium grains are larger than California medium grains

Can be brown rice or milled white rice

COOKING:
Southern medium grain rice does not cook as soft or sticky as California medium grains

Calrose medium grains are soft and stick together; New Variety are glossier, softer and stickier

1 cup dry rice yields 3 cups cooked rice



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

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

VARIETY NAMES: *Southern:* Bengal, Jupiter, Neptune

California: Calrose (M201 and M202), New Variety (Kokuho Rose, M401)

GROWING AREAS AND PRODUCTION: Arkansas, California, Louisiana, Missouri, and Texas. Medium grain rice accounts for 29 percent of the U.S. rice crop.

APPLICATIONS:

Features:

- Medium grains are used in expanded rice for breakfast cereals, confections and snack type products
- Medium grain rice is used for a creamy consistency, such as in desserts and puddings
- Flours used in extruded products for energy bars, snack products and breakfast cereals
- Flours and meals can be used as thickeners, in baby foods, and in extruded formulations

Whole Kernel Uses:

- New Variety is used as table rice but it's main use is in sushi
- Whole grain use in frozen products, medium grains hold sauces well
- Calrose used as table rice and in Asian dishes, is most known medium grain variety
- Southern medium grains are used in Southern foods such as red beans and rice, Mexican and Puerto Rican dishes

QUALITY/NUTRITION INFORMATION

- Starch content, Amylose content 12-19%
- Protein content lower than long grains, usually 5-7%
- Gelatinization temperatures approximately 60-65°C
- Supplied as enriched or non-enriched white, milled rice forms
- Brown medium 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

Nutrition Facts

Enriched White Rice

Serving Size 1/2 cup cooked rice
Calories 103

	% 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%

* Based on USDA Data

Enriched with important vitamins and minerals, like iron, folate and zinc—nutrients that may be lacking in your diet.

Nutrition Facts

Whole Grain Brown Rice

Serving Size 1/2 cup cooked rice
Calories 108

	% 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%

* Based on USDA Data

Naturally good, naturally delicious, 100% whole grain brown rice

GROWN IN THE USA



Suppliers of U.S. Medium Grain Rice

ADM Rice, Inc.

660 White Plains Rd.
Tarrytown, NY 10591
Phone: 914-366-7125
Fax: 914-366-7124
Email: admrice@adm.com
www.adm.com

American Commodity Company, LLC.

P.O. Box 520
Williams, CA 95987
Phone: 530-473-2827
Fax: 530-473-2449
Email: cdavidson@accrice.com
www.accrice.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
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

Arkansas Rice Mills, LLC

P.O. box 2398
Jonesboro, AR 72402
Phone: 870-268-7500
Fax: 870-268-7501
Email: randy@arkansasricemills.com
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
www.bmtricemills.com

Cache River Valley Seed LLC.

P.O. Box 10
Cash, AR 72421
Phone: 870-477-5427
Fax: 870-477-5233
www.crvseed.com
rwood@crvseed.com

California Family Foods

P.O. Box 1230
Arbuckle, CA 95912
Phone: 530-476-3326
Fax: 530-476-3524
Email: kathy@calrice.com

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
www.acraindustries.com

Connell Rice & Sugar Company

200 Connell Dr.
Berkeley Heights, NJ 07922
Phone: 908-673-3700
Fax: 908-673-3800
Email: rice@connellco.com

Cormier Rice Milling Co., Inc.

P.O. Box 152
DeWitt, AR 72042-0152
Phone: 870-946-3561
Fax: 870-946-3029
Email: cormierrice@cormierrice.com
www.cormierrice.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
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
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
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
www.frmco.com

Farmers' Rice Cooperative

P.O. Box 15223
Sacramento, CA 95851
Phone: 916-923-5100
Fax: 916-920-3321
www.farmersrice.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
www.globalcommodities.com

Suppliers of U.S. Medium Grain Rice

Gulf Rice Milling, Inc.

12010 Taylor Rd.
Houston, TX 77041-1222
Phone: 713-464-0606
Fax: 713-467-0325
Email: gpsales@gulfpac.com
www.gulfpac.com

Koda Farms, Inc.

P.O. Box 10
S. Dos Palos, CA 93665
Phone: 209-392-2191
Fax: 209-392-6558
Email: sales@kodafarms.com

Louis Dreyfus Commodities

40 Danbury Rd.
Wilton, CT 06897
Phone: 203-761-2064
Fax: 203-761-2375
Email: howard.henke@ldcommodities.com
www.lcdcommodities.com

Louisiana Rice Mill, LLC.

P.O. Box 160
Mermentau, LA 70556
Phone: 337-783-9777
Fax: 337-783-0489
Email: bobby@laricemill.com
www.laricemill.com

Lundberg Family Farms

P.O. Box 369
Richvale, CA 95974-0369
Phone: 530-882-4551
Fax: 530-882-4500
Email: info@lundberg.com
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

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
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
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
www.anheuser-busch.com

PGP International

P.O. Box 2060
Woodland, CA 95776
Phone: 530-662-5056
Fax: 530-662-6074
Email: info@pacgrain.com
www.pacgrain.com

Producers Rice Mill, Inc.

P.O. Box 1248
Stuttgart, AR 72160
Phone: 870-673-4444
Fax: 870-672-4473
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
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

Schepens & Company N.V.

Jan Blockxstraat 1
Antwerp, 2018, Belgium
Phone: 011-32-3-259-1760
Fax: 011-32-3-259-1761
Email: rice@schepens.be
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
www.floridacrystals.com

SunFoods LLC

194 West Main St., Suite 202
Woodland, CA 95695
Phone: 530-661-1923
Fax: 530-668-1991
Email: webmaster@goldrivermills.com
www.sunfoodsllc.com

SunWest Foods, Inc.

1550 Drew Ave., Suite 150
Davis, CA 95616
Phone: 530-758-8550
Fax: 530-758-8110
www.sunwestfoods.com
jess@sunwestfoods.com

Suppliers of U.S. Medium Grain Rice

The Sun Valley Rice Company, LLC

7050 Eddy Rd.

Arbuckle, CA 95912

Phone: 530-476-3000 x224

Fax: 530-476-0907

Email: info@sunvalleyrice.com

www.sunvalleyrice.com

Williams Rice Milling Co.

1701 Abel Rd.

Williams, CA 95987

Phone: 530-473-2862

Fax: 530-473-2406

www.tamakimai.com/wrmc.html

kurtbarrett@frontiernet.net

Windmill Rice Co. LLC

6875 Hwy 1 South

Jonesboro, AR 72404

Phone: 870-932-0096

Fax: 870-336-2254

Email: will@windmillrice.com

www.windmillrice.com