

National School Lunch & Breakfast Program

Product Description	Ben's Original™ Wholegrain Brown Rice - Parboiled Long Grain Rice					
UPC Code	054800423682	Units Per Case	1	/	25	lb
					Item Code	10232075

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

Manufacturer's code: 423510

Meets the Definition of Whole Grain Rich?

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Product Information

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

Nutrition Facts	
252 servings per container	
Serving size	1/4 cup (45g) (about 1 cup cooked)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.3mg	0%
Potassium 90mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
INGREDIENTS: WHOLE GRAIN BROWN RICE.	

WHOLE GRAIN BROWN RICE.

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

I certify that the above information is true and correct.

Peter Lu

Scientific & Regulatory Affairs

Date Signed:

2/2/2022