

PROTEIN FORTIFIED

Next rice™



People like to argue about fats and carbohydrates. However, almost everyone agrees that protein is important. Numerous studies have shown that increased protein in your diet has major benefits for weight loss and metabolic health. BC Nutrition is proud to introduce Next Rice, a protein fortified rice developed to provide protein not normally found in rice. Our innovative process enables us to incorporate protein into each grain of raw or uncooked rice. As much as 20% of the protein can be incorporated without the use of artificial ingredients or processing aids.

- Fortified with rice protein
- Non GMO
- Kosher
- Allergen-Free
- Excellent source of protein per serving
- Provides 10 grams of protein per serving

Ingredients: Enriched White Rice, Rice Protein Concentrate

Suggested Use: Same as white rice

Nutrition Facts

Serving Size 1 cup (60g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 48g	16%
Dietary Fiber less than 1g	4%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



bcnfoods.com

714.409.8088