

# “Sustainable EU Rice Don’t think twice”



**Study trip Portugal  
Lisbon river Tejo 25/09/2023**

# “Sustainable EU Rice - Don’t think twice”

- ▶ European Commission - CHAFEA (Consumers, Health, Agriculture and Food Executive Agency) now REA (European Research Executive Agency)

- ▶ Enjoy it's from Europe



- ▶ Multi country project #4: Portugal, France, Italy and Germany



# “Sustainable EU Rice - Don’t think twice”

European consortium of the rice chain:

🌾 CdA - Casa do Arroz - Portugal



🌾 ENR - Ente Nazionale Risi - Italy



🌾 SRFF - Syndicat des Riziculteurs de France et Filière - France



# The EU rice market

🌾 The EU27 has 8 producing countries located in the Mediterranean sea region and Atlantic ocean coast.



# The EU rice market

## ✿ What about rice?

✿ Rice cultivated in paddy fields is harvested with husk;

✿ At the rice mill is peeled/husked and becomes brown/cargo rice;

✿ Then, the rice is milled by mechanical friction and becomes white/milled;

✿ All the milling process is physical, no chemicals involved, keeping its Naturalness!



# The EU rice market

## Modern mills:

 State-of-the art technologies;

 Food security systems like:

 ISO 9001, 14001 and 22000;

 HACCP;

 GRI Standards;

 BRC and IFS certification;

 *Business & Biodiversity;*

 etc.



# The EU rice market

## Complete Set Rice Mill Plant

(10 to 200 Ton Per Day)



Paddy



Drum Sieve



Vibratory Sieve



Destoner



Paddy Husker



Paddy Separator



Rice Whitener



Rice Polisher



Rice Grader



Length Grader



Color Sorter



Rice Packing Machine



RICE

# The EU rice market

## Types of rice:

- ✎ Long A type Japonica rice: white rice, like the **Carolino** type;
- ✎ Long B type Indica rice: white rice and aromatic varieties like **Basmati**; Thai/Jasmine rice; etc;
- ✎ Japonica Medium and round grain rice: **Risotto**; **Sushi**; etc;
- ✎ Other types: **Black** or **red** rice; **wild** rice; **parboiled** rice; etc.





# The EU rice market

Total EU Rice Imports: UP 34% vs 2020/21  
 Sep-July 2021/22: 1.4 million t (milled eq, excl. broken)



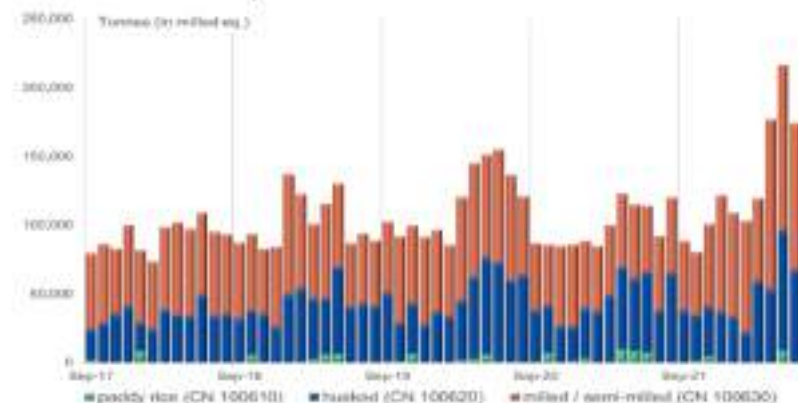
## Major Origins/Imports

- 1 Pakistan
- 2 Myanmar (Burma)
- 3 Guyana
- 4 India
- 5 Thailand
- 6 Cambodia
- 7 Uruguay
- 8 Argentina
- 9 Paraguay
- 10 Viet Nam
- 11 China
- 12 Suriname
- 13 Brazil

Imports: almost 2,0mt mainly in white/milled and broken.

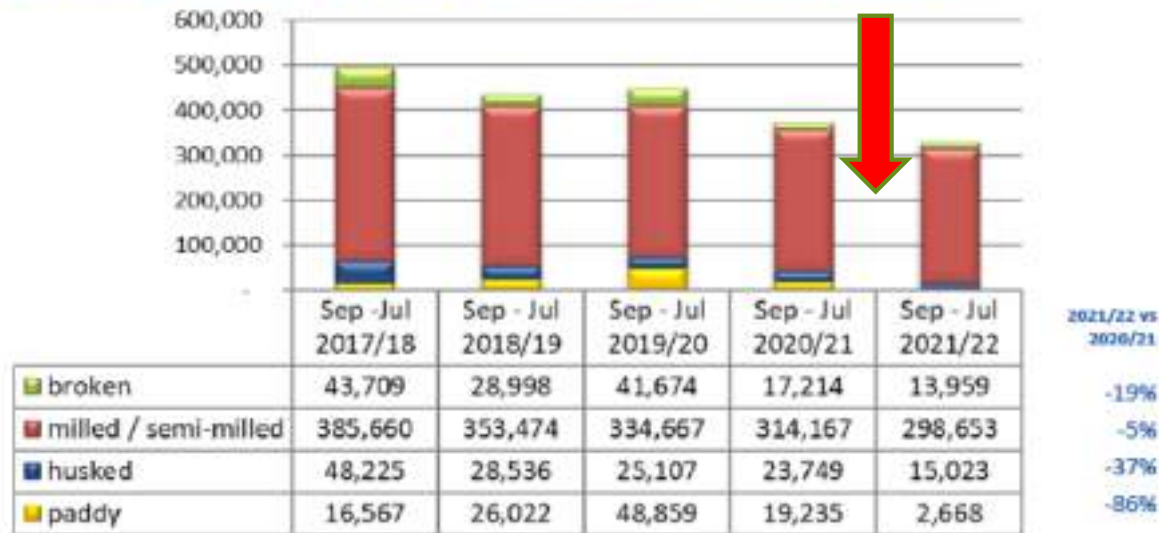
Imports around 1,0mt (50%) of white rice jeopardize the whole EU sector (LDC case)!

EU: Total Rice Imports 2021/22: UP 34% vs 2020/21



# The EU rice market

Total EU Rice Exports: DOWN 11% in 2021/22  
 Sep-July 2021/22: 316 342 t (milled eq, excl. broken)



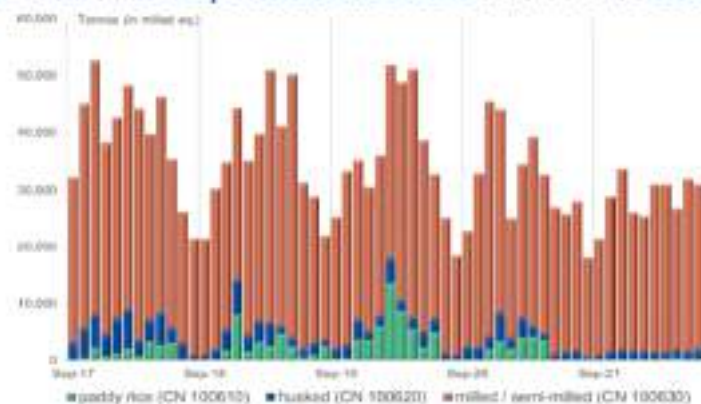
## Major Exports

- 1 United Kingdom
- 2 Jordan
- 3 Turkey
- 4 United States
- 5 Albania
- 6 Norway
- 7 Israel
- 8 Australia
- 9 Brazil
- 10 Saudi Arabia
- 11 Kosovo
- 12 Morocco
- Syrian Arab Republic
- 13 (Syria)

Exports: down to 320.000 mainly in white/milled rice

More added-value products.

EU: Total Rice Exports 2021/22: DOWN 11% vs 2020/21



# The World markets

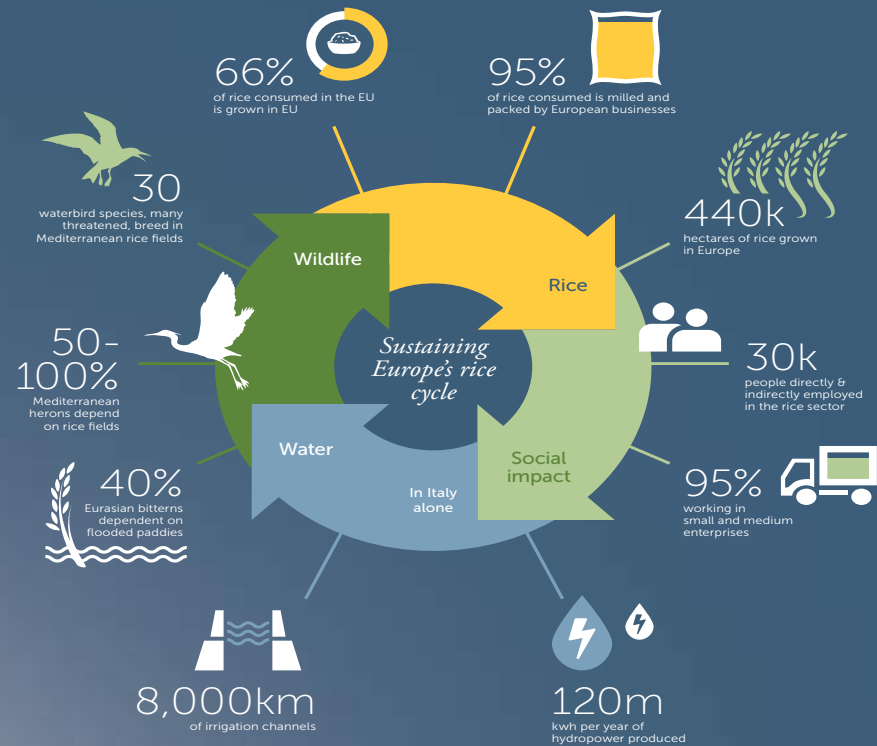
- 🌾 **Rice** the commodity more stable, +50%, except in Covid-19 peak +90%!
- 🌾 **Oil** after the crash of 2020 rallies 100%! Inflation global spread!
- 🌾 **Maize** and **wheat** very volatile with correction of war in Ukraine effect!
- 🌾 Inflation effects persists because of natural gas in 2022, **oil** correction!



# The EU rice market

 EU sustainable rice cycle: a never ending work...

## *The EU rice sector today*



# The EU rice market

## Rice composition

- Rice is gluten free
- Energetic food (350 kcal/100gr)
- Low salt, sugar and fat

## Micros and Macros

### Rice

Nutrition facts per 100 grams

- 7.13 g Protein
- 1.3 g Fiber
- 80 g Carbohydrate
- 0.08 g Total Fat
- 0.306 g Monounsaturated Fatty Acids
- 0.18 g Saturated Fatty Acids
- 0.177 g Polyunsaturated Fatty Acids

### BENEFITS -

- It is easy to digest
- It is gluten free
- It is a powerhouse of energy



### Nutrition of White Rice (per 100 g)

Carbohydrate	77 - 89 g
Dietary Fiber	0,7 - 2,7 g
Protein	6,3 - 7,1 g
Fat	0,3 - 0,6 g
Folate	4 - 9 µg
Pantothenic acid	0,8-1,3 mg
Vitamin E, a-tocopherol	0,1 - 0,3 mg
Thiamin	0,07 - 0,17 mg
Riboflavin	0,02 - 0,06 mg
Niacin	1,3 - 2,5 mg
Vitamin B6	0,1 - 0,4 mg
Iron	0,3 - 0,8 mg
Calcium	10-30 mg
Phosphorus	0,08 - 0,15 mg
Zinc	0,8 - 2,3 mg

### Nutrition of Brown Rice (per 100 g)

Carbohydrate	73 - 87 g
Dietary Fiber	2,9 - 4,4 g
Protein	7,1 - 8,3 g
Fat	1,6 - 2,8 g
Folate	16 - 20 µg
Pantothenic acid	1,4-1,6 mg
Vitamin E, a-tocopherol	0,8 - 2,5 mg
Thiamin	0,4 - 0,6 mg
Riboflavin	0,04 - 0,14 mg
Niacin	3,5 - 6,2 mg
Vitamin B6	0,5 - 0,7 mg
Iron	1,4 - 5,2 mg
Calcium	10-50 mg
Phosphorus	0,17 - 0,43 mg
Zinc	1,9 - 2,8 mg

## NUTRI-SCORE



# Consuming European rice = Less CO2 Emissions!



# Food!



 **CAMPANHA PRIMARIARI  
CON ALSC. ID. DEL  
UNGO EUROPEIA**

**IL UNGO EUROPEIA APOIA  
CAMPANHAS QUE PROMOVEM  
O RESPEITO PELO MEIO AMBIENTE.**



# Thank you for your attention!

<https://www.sustainableurice.eu>

Pedro Monteiro

ANIA - Portuguese Rice Millers Association

[ania@ania.pt](mailto:ania@ania.pt)

+351 912 535 408

