



Be Careful How You Store Your Cooked Rice

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Can you get food poisoning from eating rice that has been reheated? Yes, but it's not the reheating that causes the problem. It's the way the rice has been stored before it's reheated.

Uncooked rice can contain spores of *Bacillus cereus*, bacteria that can cause food poisoning. The spores can survive when rice is cooked.

If rice is left standing at room temperature, the spores can grow into bacteria. These bacteria will multiply and may produce toxins (poisons) that cause vomiting or diarrhea.

The longer cooked rice is left at room temperature, the more likely it is that the bacteria or toxins could make the rice unsafe to eat.

*If you eat rice that contains *Bacillus cereus* bacteria, you may become sick and experience vomiting or diarrhea about 1 to 5 hours afterwards. Symptoms are relatively mild and usually last about 24 hours.*

Preparing Rice That's Safe to Enjoy for Several Days



- Cook rice as instructed.
- Once cooking is complete, the rice should be kept warm or cooled. The cooked rice must stay out of the **Danger Zone (between 40° and 140°F)**.
- For proper cooling, rice should be placed in shallow containers, no more than 3 inches deep and put directly into the refrigerator for quick cooling. Move leftovers to the refrigerator within one hour of preparation.
- You can enjoy reheated cooked rice for 3-5 days, or you can use the leftover rice to prepare a cold rice salad.
- When you reheat any leftovers, be sure the internal temperature reaches 165°F.

Steps to Safely Reheat Rice in the Microwave

- ☑ For each cup of cooked rice in a microwave-safe container, add 1-2 tablespoons water. Place a lid lightly on top to allow the rice to steam.
- ☑ Place in the microwave and heat for 3-4 minutes, or until piping hot throughout.
- ☑ Make sure the internal temperature of the rice is at 165°F or higher. Use a food thermometer to be sure.
- ☑ Enjoy!