

## Video: Is throwing rice at weddings bad for birds?

November 8 2018



Credit: The American Chemical Society

Many people believe that throwing rice at weddings is harmful to wild birds. Supposedly, the rice expands in the birds' digestive systems and injures them.

This myth has become widespread after appearing in places as varied as an "Ann Landers" column and an episode of "The Simpsons."

In this video, Reactions uses some hands-on chemistry to demonstrate that [rice](#) is no more harmful than other grains and that this misconception is for the birds:

Provided by American Chemical Society

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