

# OATMEAL

the super whole grain





## Whole Grains have Powerful Health Benefits!

Research shows that eating a diet rich in whole grain foods each day can help with:

**™ Heart Disease:** In 1999, the FDA approved a health claim that diets rich in whole grain foods may help reduce the risk of heart disease.<sup>1</sup> Recent studies show that consuming at least 3 servings per day of whole grains is associated with a 20-30% decrease in the risk of heart disease.<sup>2</sup>

**™ Weight Maintenance:** Diets rich in whole grains are also associated with a reduced risk of weight gain.<sup>3,4</sup> Two studies, one with adults and one with children, found that those who eat oatmeal are significantly less likely to be overweight or obese.<sup>5</sup> A recent study showed that fiber is not the only nutrient in whole grains that affects weight management. Additional components may contribute to a stable long-term weight.<sup>6</sup>

**™ Diabetes:** According to the American Diabetes Association, heart disease is two to four times more common in persons with diabetes. People with diabetes need to take extra care to eat right and include foods like whole grains that may help reduce their risk for heart disease.

## Three servings a Day

To reap the many health benefits of whole grains, the 2005 Dietary Guidelines for Americans recommend eating **at least three servings of whole grain foods each day.**

Unfortunately, most people consume less than one serving. Use this chart to help you reach the goal of three whole grain servings a day.

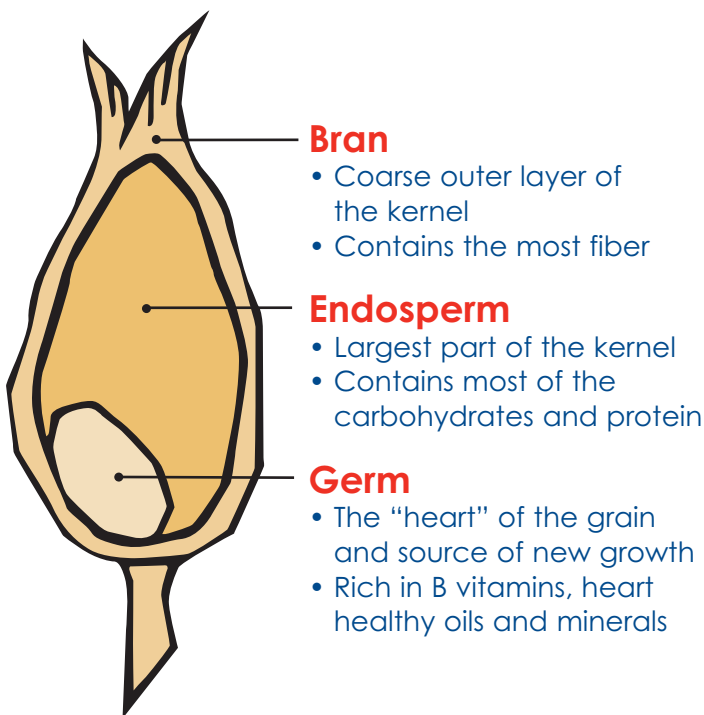
### WHOLE GRAIN SERVINGS

	1 cup cooked Quaker Old Fashioned and Quick Oatmeal .....	2
	1 pouch Quaker Instant Oatmeal Take Heart® .....	1-1/2
	1 pouch Quaker Instant Oatmeal .....	1
	1 slice whole wheat, whole rye or other whole grain bread .....	1
	1/2 whole wheat bagel or English muffin .....	1
	1 (4 inch) whole wheat pita bread .....	1
	5-6 small whole grain crackers .....	1
	1/2 cup cooked whole wheat spaghetti, whole wheat pasta shapes .....	1
	1/2 cup cooked brown rice, lightly pearled barley, bulgur .....	1
	1 (7 inch) whole grain corn tortilla .....	1
	2 whole grain corn taco shells .....	1
	2 cups popped popcorn .....	1

<sup>1</sup> Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease. <sup>2</sup> Steffen LM, Jacobs DR Jr, Stevens J, Shahar E, Carithers T, Folsom AR. Associations of whole-grain, refined-grain, and fruit and vegetable consumption with risks of all-cause mortality and incident coronary artery disease and ischemic stroke: the Atherosclerosis Risk in Communities (ARIC) Study. *Am J Clin Nutr* 2003;78:383-90. <sup>3</sup> Liu S, Willett WC, Manson JE, Hu FB, Rosner B, Colditz G. Relation between changes in intakes of dietary fiber and grain products and changes in weight and development of obesity among middle-aged women. *Am J Clin Nutr* 2003;78:920-7. <sup>4</sup> Koh-Banerjee P, Franz M, Sampson L, Liu S, Jacobs DR Jr, Spiegelman D, Willett WC, Rimm E. Changes in whole-grain, bran, and cereal fiber consumption in relation to 8-y weight gain among men. *Am J Clin Nutr* 2004 Nov;80(5):1237-45. <sup>5</sup> Samuel P, Keast DR, Williams C, Bartholmey SJ. Dietary fiber and its role in childhood obesity. *FASEB J* 2003;17:A746 (abstr). Comparison of body mass index (BMI) and serum cholesterol concentration in quartiles of dietary fiber consumption in adults: the third National Health and Nutrition Survey (NHANES III, 1988-94). *Obes Res* 2000; 8:106S (abstr). <sup>6</sup> Liu S, Willett WC, Manson JE, Hu FB, Rosner B, Colditz G. Relation between changes in intakes of dietary fiber and grain products and changes in weight and development of obesity among middle-aged women. *Am J Clin Nutr* 2003;78:920-7.

## What Makes a Grain Whole?

A “whole” grain contains all parts of the grain kernel: bran, endosperm and germ. Processing removes the bran and germ along with all of their nutrients and much of the fiber. Scientists believe that the fiber, vitamins, minerals and other substances in whole grains work together for maximum nutrition and health benefits.



## Oats Always a Whole Grain

Old fashioned oats, quick oats and instant oatmeal are ALL whole grain oat products with all parts of the grain retained after milling. The only difference is how the grain is cut, steamed and rolled – and this only affects cooking time and the texture of the cooked oatmeal.

## How to Find Whole Grains

You’re getting the *whole* grain if you spot at least one of these on the package:

- **A WHOLE GRAIN LISTED FIRST IN THE INGREDIENT LIST** Whole oats, whole grain rolled oats, whole wheat, whole rye, whole grain corn, brown rice, popcorn, pearl barley and bulgur
- **A “WHOLE GRAIN” FLAG**
- **A “MADE WITH WHOLE GRAIN” BANNER**



- **THIS FDA-APPROVED HEALTH CLAIM:** “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and certain cancers.”

## Whole Grain Reminders

- 1** Oatmeal, brown rice and whole wheat flour are always whole grain and will provide you with at least 2 grams of fiber per serving along with the complete whole grain “package” of antioxidants and phytonutrients.
- 2** “Natural” or “organic” does not necessarily mean the product is whole grain, and neither does a dark color. Molasses and caramel coloring often are used to darken bread, for example.
- 3** Grain-based products that are high in fiber are not necessarily whole grain.



**So...always check the label.**



## Whole Grain Banana-Walnut Muffins

- 1 cup whole wheat flour\*
- 1/2 cup all-purpose flour
- 1 cup QUAKER Oats (quick or old fashioned, uncooked)
- 1/2 cup firmly packed brown sugar
- 1/4 cup chopped toasted walnuts
- 2-1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup mashed ripe bananas (about 3 medium)
- 1/2 cup fat-free milk
- 1/3 cup 0g trans fat 60% vegetable oil spread, melted
- 1 egg, lightly beaten

*\*If using old fashioned oats, add 3 additional tablespoons whole wheat flour.*

Heat oven to 400°F. Line 12 medium muffin cups with paper baking cups or spray bottoms only with cooking spray. In large bowl, combine flours, oats, sugar, walnuts, baking powder, baking soda and salt; mix well. In small bowl, combine bananas, milk, melted spread and egg; blend well. Add to dry ingredients all at once; stir just until dry ingredients are moistened. (*Do not overmix.*) Fill muffin cups almost full. Bake 15 to 19 minutes or until golden brown. Cool muffins in pan on wire rack 5 minutes; remove from pan. Serve warm.

**1 DOZEN**

**Nutrition Information** (1 muffin): Calories 190, Calories From Fat 50, Total Fat 6g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 20mg, Sodium 220mg, Total Carbohydrates 31g, Dietary Fiber 3g, Sugars 12g, Protein 4g.

**Cook's Tip:** Substitute quick or old fashioned oats for up to one-third of the flour whenever you bake.

## Sunshine Fruit Bars

- 1-1/2 cups plus 1/4 cup QUAKER Oats (quick or old fashioned, uncooked)
- 3/4 cup whole wheat flour\*
- 1/4 cup all-purpose flour
- 1/2 cup firmly packed brown sugar
- 1-1/2 teaspoons ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup orange juice
- 1/4 cup vegetable oil
- 1 egg, lightly beaten
- 1 teaspoon vanilla
- 1-1/2 cups (8 oz.) diced dried mixed fruits

*\*If using old fashioned oats, add 2 additional tablespoons whole wheat flour.*

Heat oven to 375°F. Spray 13x9-inch metal baking pan with cooking spray. In large bowl, combine 1-1/2 cups oats, flours, sugar, cinnamon, soda and salt; mix well. Add combined juice, oil, egg and vanilla; mix well. Stir in fruit. Spread into prepared pan. Sprinkle with remaining 1/4 cup oats. Bake 19 to 22 minutes or until wooden pick inserted in center comes out with a few moist crumbs clinging to it. (*Do not overbake.*) Cool completely. Cut into bars. Store tightly covered.

**20 BARS**

**Nutrition Information** (1 bar): Calories 120, Calories From Fat 30, Total Fat 3.5g, Saturated Fat 0.5g, Trans Fat 0g, Cholesterol 10mg, Sodium 65mg, Total Carbohydrates 22g, Dietary Fiber 2g, Sugars 12g, Protein 2g.





## Spicy Oat Crusted Chicken with Orange Salsa

### Salsa

- 3/4 cup prepared salsa
- 3/4 cup coarsely chopped orange sections

### Chicken

- 2 tablespoons canola oil
- 1 tablespoon 0g trans fat 60% vegetable oil spread, melted
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1-1/2 cups Quick QUAKER Oats, uncooked
- 1 egg, lightly beaten
- 1 tablespoon water
- 4 boned and skinned chicken breast halves (about 5 ounces each)
- Chopped cilantro

In small bowl, combine salsa and orange sections. Refrigerate, covered, until serving time. Heat oven to 375°F. In flat, shallow dish, stir together oil, melted spread, chili powder, garlic powder, cumin and salt. Add oats, stirring until evenly moistened. In second flat, shallow dish, beat egg and water with fork until frothy. Dip chicken into combined egg and water, then coat completely in seasoned oats. Place chicken on foil-lined baking sheet. Pat any extra oat mixture onto top of chicken. Bake 30 minutes or until chicken is cooked through and coating is golden brown. Serve with salsa. Garnish with chopped cilantro.

**4 SERVINGS**

**Nutrition Information** (1/4 of recipe): Calories 440, Calories From Fat 140, Total Fat 16g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 150mg, Sodium 650mg, Total Carbohydrates 32g, Dietary Fiber 5g, Sugars 6g, Protein 45g.

**Cook's Tip:** Oats are not just for breakfast! They can also be used as a coating for chicken and fish and in place of bread crumbs in meatloaf recipes.

## Apple-Berry Crisp

### Topping

- 1-1/4 cups QUAKER Oats (quick or old fashioned, uncooked)
- 1/2 cup firmly packed brown sugar
- 1/2 cup whole wheat flour
- 1/3 cup 0g trans fat 60% vegetable oil spread, melted

### Filling

- 4 cups thinly sliced Granny Smith apples (about 4 medium)
- 2 cups fresh or frozen blueberries OR sliced strawberries
- 1/3 cup orange juice
- 1/4 cup firmly packed brown sugar
- 2 tablespoons whole wheat flour
- 1-1/4 teaspoons ground cinnamon

Heat oven to 375°F. In small bowl, combine topping ingredients; set aside. In large bowl, combine filling ingredients; stir until fruit is evenly coated. Spoon into 8-inch square glass baking dish. Sprinkle topping evenly over fruit. Bake 30 to 35 minutes or until apples are tender and topping is golden brown. Serve warm.

**9 SERVINGS**

**Nutrition Information** (1/9 of recipe): Calories 240, Calories From Fat 50, Total Fat 6g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 55mg, Total Carbohydrates 47g, Dietary Fiber 4g, Sugars 29g, Protein 3g.



For more information about the benefits of whole grains and deliciously easy ways to incorporate the whole grain goodness of oats into your daily diet, visit [www.quakeroatmeal.com](http://www.quakeroatmeal.com).

# Oatmeal:

## The Super Whole Grain

Nutrition experts give oatmeal high marks for its multitude of benefits.

✓ **Oats are the only major grain proven to help remove cholesterol.** Oatmeal actively removes cholesterol to lower the risk of heart disease. Oatmeal works to help lower LDL “bad” cholesterol without lowering the HDL “good” cholesterol your body needs. Oats contain more soluble fiber than whole wheat, rice or corn.<sup>1</sup>

✓ **Oats have soluble fiber, which may help moderate blood sugar levels.** The fiber in oatmeal may slow the absorption of carbohydrates to help you moderate the rise in blood sugar after eating. In addition, according to the 2005 Dietary Guidelines for Americans Advisory Committee Report, studies show people who eat more whole grains are less likely to develop type 2 diabetes.<sup>2,3</sup>

✓ **Oatmeal helps aid weight control.** Oatmeal has a high satiety value—it helps fill you up. Research shows that oatmeal is more filling than some other breakfast foods such as bread, eggs and yogurt.<sup>4</sup> In a recent survey of registered dietitians, 93 percent of the respondents said that fiber in whole grain cereals, such as oatmeal, helps children maintain a healthy body weight.<sup>5</sup>

✓ **Oats offer super-charged nutrition.** Oats contain vitamins, minerals and unique antioxidants, which help make oats super healthy. Oats also contain more protein than other common cereals.

[www.quakeroatmeal.com](http://www.quakeroatmeal.com)

1 Three grams of soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. 2 Fung TT, Hu FB, Pereira MA, Liu S, Stampfer MJ, Colditz GA, Willett WC. Whole-grain intake and the risk of type 2 diabetes: a prospective study in men. *Am J Clin Nutr* 2002; 76:535-40. 3 2005 Dietary Guidelines Advisory Committee Report 4 Holt SHA, Brand Miller JC, Petocz P, Farmakalidis E. A satiety index of common foods. *Eur J Clin Nutr* 1995;49:675-90. 5 Survey commissioned by Quaker Oatmeal among 1000 registered dietitians, 2003.