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Contact: Craig Blakaitis
Pollock Communications
Email: cblakaitis@pollock-pr.com
Phone: 212-941-4907

New Reason to Eat Oats for Heart Health

The soluble fiber in oats helps lower total and LDL cholesterol, but scientists now say that the cardiovascular health benefits of oats goes beyond fiber.

Dallas, TX, March 17, 2014: Eleven top scientists from around the globe presented the latest findings on the powerful compounds found in oats in a scientific session titled, *Physicochemical Properties and Biological Functionality of Oats*, at the 247th Annual Conference of the American Chemical Society in Dallas, TX. Scientists described research on the diverse health benefits of oats and emphasized the growing evidence that the type of phenolic compound *avenanthramide* (AVE) – found only in oats – may possess antioxidant, anti-inflammatory, anti-itch and anti-cancer properties. The culmination of the studies suggests that oat AVEs may play an important role in protecting the heart.

Eating whole grains is consistently associated with a reduced risk of chronic disease, including cardiovascular disease. Most of the benefits have been attributed to the relatively high fiber, vitamin, mineral and phytochemical content of whole grains. Notably, the soluble fiber beta-glucan found in oats has been recognized for its ability to lower both total and low-density lipoprotein cholesterol (LDL-C).

“While the data to support the importance of oat beta-glucan remains, these studies reveal that the heart health benefit of eating oats may go beyond fiber,” explains the session’s presiding co-officer, Dr. Shengmin Sang of the Center for Excellence in Post-Harvest Technologies at North Carolina Agricultural and Technical State University. “As the scientific investigators dig deeper, we have discovered that the bioactive compounds found in oats – AVEs – may provide additional cardio-protective benefits.”

Oat AVEs and Cardiovascular Disease Prevention

New research shows that oat AVEs may be partly responsible for the positive association between oats and heart health. Oliver Chen, Ph.D., of the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, presented mechanistic data that demonstrated that the antioxidant and anti-inflammatory properties of AVEs likely contribute to the atheroprotection of oats.

Similarly, Mohsen Meydani, Ph.D., from the Vascular Biology Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, provided evidence that oat AVEs suppress the production of inflammatory cytokines associated with fatty streak formation in the arteries. In addition, oat AVEs appear to repress the process associated with the development of atherosclerosis.

“On behalf of the Quaker Oats Center of Excellence, we are inspired by the investigations in oats agriculture, processing and health research presented at the American Chemical Society's Scientific Sessions,” comments YiFang Chu, Ph.D., PepsiCo R&D Nutrition. “Along with all of the oats fans out there, we value the significant contribution of scientific collaboration to help expand the thinking behind oats.”

Also on the program were scientists from Tufts University; Agriculture and Agri-Food Canada; PepsiCo Inc. R&D; the Institute of Food, Nutrition and Health in Zurich, Switzerland; the University of Minnesota; and Pennington Biomedical Research Center in Baton Rouge, La. Their presentations reviewed their findings on the influence of the processing of oats on the glycemic response and bioactive composition, measuring the functionality of oat beta-glucan, the antioxidant potential of oat beta-glucan, the benefits of eating whole grains on chronic disease, and how oats may improve glucose control and lipid metabolism. This high-level scientific session revealed the far-reaching impact this simple grain plays in health promotion and disease prevention.

About the Quaker Oats Center of Excellence

The Quaker Oats Center of Excellence is focused on elevating the relevance and benefits of oats through science, agriculture and innovation. For more information visit the [Quaker Oats Center of Excellence](http://www.QuakerOats.com) at www.QuakerOats.com.

About The Quaker Oats Company

The Quaker Oats Company, headquartered in Chicago, Ill., is a unit of PepsiCo, Inc., one of the world's largest consumer packaged goods companies. For more than 130 years, Quaker's brands have served as symbols of quality, great taste and nutrition. Holding leadership positions in their respective categories, Quaker® Oats, Quaker® Rice Cakes and Quaker Chewy® Granola Bars are consumer favorites. For more information, please visit www.QuakerOats.com, www.facebook.com/Quaker or follow us on Twitter [@Quaker](https://twitter.com/Quaker).

About PepsiCo

PepsiCo is a global food and beverage leader with net revenues of more than \$65 billion and a product portfolio that includes 22 brands that generate more than \$1 billion each in annual retail sales. Our main businesses – Quaker, Tropicana, Gatorade, Frito-Lay and Pepsi-Cola – make hundreds of enjoyable foods and beverages that are loved throughout the world. PepsiCo's people are united by our unique commitment to sustainable growth by investing in a healthier future for people and our planet, which we believe also means a more successful future for PepsiCo. We call this commitment

Performance with Purpose: PepsiCo's promise to provide a wide range of foods and beverages from treats to healthy eats; to find innovative ways to minimize our impact on the environment by conserving energy and water and reducing packaging volume; to provide a great workplace for our associates; and to respect, support and invest in the local communities where we operate. For more information, please visit www.pepsico.com.

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