Study demonstrates oatmeal breakfast is linked to better diet quality among children

Children often underconsume fiber and micronutrients in whole grains.¹ According to the most recent dietary guidelines for Americans, children’s whole grain intake is less than half the recommended amounts.

Research suggests eating breakfast could be linked to potential benefits for children:²

- Oatmeal consumers had higher diet quality scores because their breakfasts included more whole grains, fewer refined grains and fewer added sugars compared to other breakfasts.

- In many cases, children who ate oatmeal consumed more fiber and minerals compared to the children who consumed other breakfasts.

Our recent analysis of NHANES data from 5,876 children (age 2–18) demonstrated that oatmeal-containing breakfast was associated with better diet quality (HEI score) and higher intake of key food groups and nutrients compared to other breakfasts.³

## Total daily HEI score by breakfast type

<table>
<thead>
<tr>
<th>Breakfast Type</th>
<th>HEI Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal</td>
<td>58.6</td>
</tr>
<tr>
<td>Breakfast skippers</td>
<td>45.1</td>
</tr>
<tr>
<td>Doughnuts, sweet breads, pastries</td>
<td>42.0</td>
</tr>
<tr>
<td>Pancakes, waffles, French toast</td>
<td>47.0</td>
</tr>
<tr>
<td>Eggs / Omelets</td>
<td>48.1</td>
</tr>
<tr>
<td>RTE cereal (low sugar)</td>
<td>54.6</td>
</tr>
<tr>
<td>RTE cereal (high sugar)</td>
<td>49.8</td>
</tr>
</tbody>
</table>

* Study supported by PepsiCo

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³. Fulgoni III VL, Brauchl M, Fleige L, Chu YF. Oatmeal-Containing Breakfast is Associated with Better Diet Quality and Higher Intake of Key Food Groups and Nutrients Compared to Other Breakfasts in Children. Nutrients 2019 Apr 27;11(5)
Explore all the oat possibilities

Children’s diet quality can be improved with many types of oats. Each variety of Quaker Oats, no matter how they are cut — Old Fashioned, Quick, Instant and Steel Cut — are 100% whole grain and, ounce per ounce, they all provide similar amounts of fiber, vitamins and minerals. Where they differ is shape, texture and cook time.

**Old Fashioned**
Traditional rolled oats

**Quick**
Rolled thinner and cut to cook quicker

**Instant**
Cut finer to cook faster and have softer texture

**Steel Cut**
Cut, not rolled for hearty, chewy texture

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**Kid-friendly recipes**

**Blueberry banana overnight oats**
Combine ½ cup Old Fashioned oats with ½ cup low fat milk, ½ cup blueberries, and ½ cup sliced banana. Refrigerate overnight. Enjoy chilled in the morning with toppings.

**Oat berry smoothie**
Place ¼ cup Instant or Quick oats, ½ cup low fat milk, ½ cup raspberries, and 1 frozen banana in a blender and mix until smooth.

**Hot oatmeal made with milk**
Cook ½ cup Old Fashioned oats with 1 cup low fat milk instead of water to increase protein, calcium, and vitamins A & D. This method also makes creamier tasting oatmeal.

**Endless topping ideas:**
- peanut butter + raisin
- sliced apple + cinnamon + raisin
- dried apricot + almond butter
- cocoa powder + nut butter
- sliced bananas + nut butter
- cocoa powder + strawberries
- sliced peaches + lowfat yogurt