

Heart Health

More and more, we are seeing evidence of the important role food can play in supporting a healthy heart.

A heart-healthy diet limits saturated and trans fat, sodium and red meat and includes¹:

 Whole grains

 A variety of fruits and vegetables

 Low-fat dairy foods

 Lean poultry and fish

 Nuts and legumes

 Non-tropical vegetable oils



Whole grains — and in particular oats — have been repeatedly shown to help promote heart health. There is a solid body of evidence for oats’ role, thanks to the power of beta-glucan, a soluble fiber largely unique to oats.*

- Beta-glucan is a soluble fiber that may help lower blood cholesterol, a risk factor for heart disease.
- Beta-glucan forms a gel in the gut, binding bile acids — a cholesterol-containing substance — which is then excreted before reaching the bloodstream.
- As a result, the liver pulls LDL cholesterol from the blood to replace the excreted bile acids, resulting in reduced blood cholesterol.

Oatmeal was the subject of the first food-specific health claim approved by the U.S. Food and Drug Administration.

- This claim states, “Soluble fiber from oatmeal as a daily part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. Three grams daily are needed for this benefit.”

Soluble Fiber in Quaker Oats

½ cup Old Fashioned = 2 g ¼ cup Steel Cut = 2 g
½ cup Quick = 2 g

To help your clients get the benefit from beta-glucan, you can encourage them to incorporate oats into their heart healthy diet throughout the day to increase the amount of soluble fiber to get at least 3 grams. Here are a few ideas:

- Add ½ cup Old Fashioned or Quick oats, or 1 pack Instant oats (original flavor) to smoothies
- Replace cooked rice in any dish with the equivalent amount of Steel Cut oats
- Use Old Fashioned, Quick or Instant oats in place of breadcrumbs for burgers and meatloaf/meatballs or as a breading for chicken or fish
- Include Old Fashioned or Steel Cut oats in soups, stews or chili
- For baking, replace wheat flour with oat flour (made by putting oats in a food processor or blender)



*Three grams of oat soluble fiber daily as part of a diet low in saturated fat and cholesterol may help reduce the risk of heart disease.

1. The American Heart Association’s Diet and Lifestyle Recommendations [Internet]. The American Heart Association’s Diet and Lifestyle Recommendations. 2017. Available from: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>

Eat for a Healthy Heart

This sample heart-healthy meal plan is low in saturated fat, cholesterol and sodium and, thanks to the ½ cup Old Fashioned oats and ¼ cup Steel Cut oats included, supplies a total of 4 g beta-glucan soluble fiber.*

Breakfast



Blueberry and Honey Overnight Oats

½ cup Quaker® Old Fashioned Oats
 ½ cup nonfat milk
 ¼ cup plain nonfat Greek yogurt
 ¼ cup blueberries
 2 tsp honey

Snack

12 oz latte made with low-fat milk
 1 apple

Lunch



Mediterranean Salmon Salad

3 cup mixed greens
 2 oz roasted salmon
 ¼ cup chickpeas
 ¼ cup halved cherry tomatoes
 ¼ cup diced cucumber
 2 Tbsp diced red onion
 2 Tbsp sliced black olives
 1 Tbsp lemon juice
 ½ Tbsp olive oil

Snack

23 almonds
 1 cup grapes

Dinner



Sweet Potato & Black Bean Burrito Bowl

1 cup prepared Steel Cut Oats (¼ cup dry)
 ½ cup no-salt-added black beans, drained and rinsed
 ½ cup cubed sweet potato, roasted or steamed
 ¼ cup diced bell pepper
 ¼ cup diced onion
 ⅓ avocado, sliced
 2 Tbsp nonfat plain yogurt
 2 Tbsp salsa
 Juice from half a lime

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Prep for Success



Heart-Healthy Recipe: Almond Butter Muffins

These Almond Butter Muffins are easy to make ahead and a great addition to any meal or snack. Enjoy them right away or freeze the leftovers for a tasty treat later in the week.

Ingredients

3 cups plus 1 Tbsp Quaker® Oats (Quick or Old Fashioned, uncooked)
 ½ cup all-purpose flour
 2 tsp baking powder
 ½ tsp salt

1 cup nonfat milk
 3 tsp agave nectar
 ¼ cup almond butter
 1 tsp canola oil
 1 large egg, beaten
 1 ½ Tbsp sliced almonds

Instructions

- Heat oven to 400°F. Lightly spray 12 medium muffin cups with cooking spray or line with paper baking cups.
- Place 1 cup oats in blender or food processor container and process until oats are finely ground. In large bowl, combine ground oats, remaining 2 cups oats, flour, baking powder and salt; mix well.
- In small bowl, combine milk, agave, almond butter, oil and egg; mix well. Add to dry ingredients; stir just until dry ingredients are moistened.
- Fill muffin cups. Sprinkle with remaining oats and the almonds, pressing lightly into batter. Bake 15 to 18 minutes or until golden brown. Cool muffins in pan on wire rack 5 minutes. Remove from pan. Serve warm.
- To freeze leftover muffins, place in freezer bag; seal securely. Freeze up to 2 months. To reheat in microwave oven, place muffin on microwave-safe plate and microwave on high about 20-30 seconds for one muffin.