

Emerging Oat Science for Registered Dietitians

Quaker continues to be a pioneer in exploring all the oat has to offer. Our world-class nutrition science team works with leading researchers to study the oat's nutrient value and its impact on global public health priorities and issues. Among them:



Energy

The scientific evidence supports that oats provide lasting energy. Studies show that oats deliver a slowly absorbed supply of energy to the body over a 2-4-hour period.⁽¹⁵⁾ This may, in part, be due to the soluble fiber in oatmeal, which may help slow digestion, and the release of glucose into the blood stream, providing a slower supply of energy.

Blood Glucose Management

Another potential benefit on the horizon relates to blood glucose management and the emerging evidence, which suggests that oats may have an impact. A study in healthy, older women showed that consumption of oat products resulted in a reduced glycemic response compared to consumption of glucose.⁽¹⁶⁾ Overall, data indicates that beta-glucan may improve glycemic control in healthy individuals and in individuals with diabetes. A recent meta-analysis study that combined data from sixteen independent clinical and observational studies revealed a beneficial effect of oats intake on glucose control and lipid profiles in type 2 diabetic patients.⁽¹⁷⁾ Similarly, a review of existing studies found that oat foods containing at least 4 grams of beta-glucan may reduce the blood glucose response after a meal in healthy individuals.⁽¹⁸⁾ Additional research is needed to fully understand this outcome and confirm the effect in other populations, but it's another interesting area to watch.

Diet Quality

Data gathered as part of the 2001-2010 National Health and Nutrition Examination Survey (NHANES) suggests that consumers who eat oatmeal also tend to be healthier in general.⁽¹⁹⁾ They tend to have lower body weight compared to non-consumers; are less likely to smoke; and they tend to have higher intakes of protein, fiber, vitamins; and lower intake of saturated fats and cholesterol.



