

Extraordinary Oats

Oats are a superfood that offer versatility in the kitchen – from heart health to digestive health to energy and satiety, this powerful grain has a lot to offer. Oats provide fiber and other nutrients that can help to support a healthy lifestyle.



Digestive Health

Maintaining digestive health is important to keep us feeling our best, and consuming a diet rich in fiber from grains, fruit and vegetables is a great way to help support a healthy digestive system. There are two main types of fiber found in foods – soluble and insoluble. Oats provide both.

- **Soluble fiber attracts water in the gut and forms a gel**, slowing digestion and leading to a feeling of fullness or satiety.
- **Insoluble fiber adds bulk to the stool, helping to support regularity.** Research supports that fiber from a diet rich in grains, fruits, and vegetables helps keep things moving through the digestive tract.¹

Experts recommend eating at least 25–38 grams of fiber a day from a variety of grains, fruits, and vegetables to help support a healthy digestive system.¹ With 4 grams of fiber per ½-cup (40g) serving, Quaker Old Fashioned Oats are a great place to start.

Heart Health

Our hearts pump blood that carries the oxygen and nutrients our bodies need to function, so maintaining a healthy heart is an important part of overall health. We continue to see a growing body of evidence of the important role food can play in supporting a healthy heart. A heart-healthy dietary pattern includes whole grains, a variety of fruits and vegetables, low-fat dairy foods, lean poultry and fish, nuts and legumes, and non-tropical vegetable oils, while limiting saturated fat, trans fats and sodium.²

Whole grains – and oats in particular – have been repeatedly shown to help support heart health.

Oats help lower cholesterol.³⁻⁵ Research supports oats' role in helping to lower blood cholesterol, a risk factor for heart disease, thanks to the power of the specific soluble fiber oats contain called beta-glucan.

Soluble fiber (in the form of beta-glucan) from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. Three grams per day are needed for this benefit. One bowl of Old Fashioned Quaker® Oatmeal provides two of those grams.

Food/Serving	Dietary Fiber (g)
VEGETABLE	
Black Beans – ½ cup	7.5
Green Peas – ½ cup, cooked	4.4
Broccoli – ½ cup, cooked	2.6
GRAIN	
Whole Wheat Spaghetti – 1 cup, cooked	5.5
Oats (Old Fashioned or Quick) – ½ cup, dry	4.0
Corn Tortilla – 6-inch	1.8
FRUIT	
Avocado – ½ cup	5.0
Apple – 1 medium	4.8
Raspberries – ½ cup	4.0
Prunes – 1.5 oz	3.0

Data Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

TIP: Incorporate oats into your meals and snacks throughout the day to help increase your soluble fiber intake to 3 grams.

- Smoothies
- Swap out some ground meat for oats in recipes (think: turkey sliders or chili)
- Oatmeal (sweet or savory)
- Energy bites
- Replace breadcrumbs with oats to coat lean proteins (think: chicken or salmon)



Remember: a healthy diet is not the only factor to consider when it comes to heart health. Lifestyle, including exercise, stress management and sleep are also important. Know your cholesterol and blood pressure numbers and talk to your healthcare professional for advice on managing cholesterol and heart health.

Energy

Energy comes from the foods you eat in addition to quality nutrition which can help fuel an active lifestyle and busy schedules. Many additional lifestyle factors can also influence how you feel, including sleep and exercise.

However, confusion about carbs has led many to walk away from the benefits of foods such as oats. People sometimes cut oats from their diets as a way to reduce carbohydrate intake, not realizing that oats are a whole grain and complex carbohydrate with nutritional benefits.

For example, oats deliver a slowly absorbed supply of energy to the body (over 2-4 hours), according to a recent study.⁶ This may, in part, be due to beta-glucan, the soluble fiber in oatmeal, which may help slow digestion and prolong feeling of fullness, providing sustained energy to help fuel your morning.



TIP: Include a serving of whole grains, like oats, at each meal

References

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