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 includes:

- 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.”

<table>
<thead>
<tr>
<th>Soluble Fiber in Quaker Oats</th>
<th>½ cup Old Fashioned = 2 g</th>
<th>¼ cup Steel Cut = 2 g</th>
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<td>½ cup Quick = 2 g</td>
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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.

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
¼ avocado, sliced
2 Tbsp nonfat plain yogurt
2 Tbsp salsa
Juice from half a lime

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) | 1 cup nonfat milk |
| ½ cup all-purpose flour | 3 tsp agave nectar |
| 2 tsp baking powder | ¼ cup almond butter |
| ½ tsp salt | 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.

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