



Oats

Did You Know?

January is National Oatmeal Month. A warm bowl of oatmeal may be perfect on a winter day, but there are lots of ways to enjoy oats year round.

Here are some ideas:

- Make homemade granola with oats and your favorite dried fruit and nuts.
- Toast rolled oats and add to your cold breakfast cereal.
- Bake cookies or breads with oats or oat flour.
- Blend into smoothies for added fiber.



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Oats aren't just for horses! Learn why this nutrient-dense, inexpensive whole grain should have a prominent place in your diet.

Why oats?

- Oats are high in fiber (especially soluble fiber), which may help control cholesterol, blood pressure, blood sugar, and reduce risk for heart disease.
- Compounds in oats called “polyphenols” contain anti-inflammatory, anti-cancer, and anti-itching properties.
- Oats are a good source of protein, healthy fat, iron, potassium, folate, and several other B vitamins.
- ½ cup cooked rolled oats provides about 80 calories, 3 grams of protein, and 2 grams of fiber.

Varieties

You can purchase oats with just the hull removed (called “groats”), but they are more commonly found in these forms:

- Steel cut (also called “Irish” or “Scottish”) oats – Groats are sliced a few times by steel blades, leaving small pieces. They have a longer cooking time than other oats, but have a great chewy texture.
- Rolled oats – Groats are steamed, and then flattened. They can be found as “old-fashioned” or “quick” varieties.
- Instant oats – Groats are steamed longer, and flattened even more than the old fashioned or quick oats. These are often found in flavored packets of oatmeal.
- Oat flour – Groats are ground to various consistencies (coarse, medium, fine), and the flour can be added to a variety of baked goods, or even used as a thickener.

Helpful Tip

- Like the flavor and convenience of oatmeal in packet? Try adding ½ cup rolled oats to your favorite packet flavor. This will boost the nutrition, and give you a heartier portion with less added sugar than two packets.