**Health Benefits**

* Oatmeal contains soluble and insoluble fiber. Fiber helps you feel fuller longer, which can help control blood sugars and maintain weight.
* When eaten daily, oatmeal is great for your cardiovascular health, immune system and energy levels. It can help lower cholesterol and blood pressure!
* ![C:\Documents and Settings\nutrition\Local Settings\Temporary Internet Files\Content.IE5\GBG68D5G\MP900439272[1].jpg]()When eating oatmeal, try to eat old fashion or steel cut. These are less processed and are more nutritious.

Old Fashioned Fruit Crumble

1 ½ t sugar 1 ¼ c. fresh /frozen fruit

4 tsp. flour 4 t brown sugar

Pinch cinnamon ¼ c. old-fashioned oats

1 T oil 1 ½ t orange juice

3 T chopped almonds

Preheat oven 400°F. Combine fruit, 1 ½ t flour and orange juice. Divide between

two 6-oz ovenproof ramekins. Combine oats, almonds, brown sugar, 2 ½ t flour & cinnamon. Drizzle with oil and stir. Sprinkle over fruit mixture. Place ramekins on baking sheet and bake until fruit bubbles and topping is golden, 20 to 25 minutes.

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**Interesting Facts**

* If you’re bored you can always visit Oatmeal, Texas. It’s about 56 miles northwest of Austin.
* The man on the Quaker Oatmeal containers name is Larry. The company named him and even gave him a make over in 2012.
* There are 5 different types of oatmeal: Whole oats, Steel Cut, Old Fashioned, Quick and Instant.

**OATMEAL**

N T R U G O Y S Z B P P

O B L U E B E R R I E S

M Y P Q B I A O N A P P

A E H J R I W E N Y E S

N N B R S N A U B C T P

N O E I S P T D A U U E

I H N U P B A N N F C A

C S G L U T S L A I L C

R A E T E J A M N B E H

R W T S M W R Q A E E E

S E I R R E B W A R T S

R A S P B E R R I E S D

Apple Pecans Blueberries

Cherries Fiber Raspberries

Honey Dates Peanut Butter Raisins Cinnamon

Yogurt Jam Steelcut

Walnuts Pears Peaches

Banana Strawberries Pineapple

Brown Sugar

**Written and created by Heather Larson,**

**UW-Stout Dietetic Intern, Jan 2013**

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C S G L U T S L A I L C

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