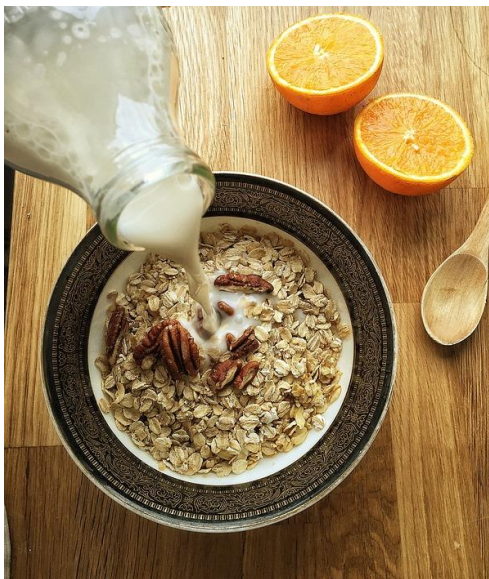




Source: Pixabay.com, Sue V (photographer)



Source: Pixabay.com, M. Rodriguez (photographer)

## EAT WELL, AGE WELL. OATS/OATMEAL

The average American consumes 2.4 pounds of oats annually. That number is incredibly low compared to wheat, which is 94.6 pounds. One explanation for this is that people generally see oats as solely a breakfast food. However, oats are a versatile food that offers numerous health benefits! The most commonly known benefit of oats is their cholesterol reducing ability. While the mechanics behind this characteristic of oats isn't fully understood yet, a probable explanation is the soluble fiber found in oats increase bile synthesis and therefore reduces blood cholesterol levels. A study in 2006, by researchers at Tufts University, found that properties found in oats can inhibit the development of atherosclerosis, or hardening of the arteries. Another study in 2004 found that antioxidants in oats may work in unison with vitamin C to prevent cardiovascular disease. Heart disease is also lowered when consuming oats due to their link to lower body weight and blood pressure. In addition to vitamin C, vitamin E is an antioxidant that may help to control LDL (bad) cholesterol levels. Try topping off your oatmeal with foods high in vitamin E, like almonds, walnuts, or peanuts. Lastly, recent research has suggested that whole grains, like oats, may decrease the risk of type 2 diabetes.

Oats provide multiple health benefits, while being simple and easy to make. Check our recipes this month to learn how to incorporate oats into your diet!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students  
Issue 11: 11-1-17 by Emily Parsons

### WEEKLY CHALLENGES

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EAT OATS AS A  
SNACK OR FOR  
LUNCH OR DINNER

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TRY THE OVERNIGHT  
OATS RECIPE

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ADD NUTS TO YOUR  
OATMEAL FOR  
ADDITIONAL  
VITAMIN E

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HAVE SOME  
ORANGE OR CITRUS  
JUICE WITH YOUR  
OATMEAL TO BOOST  
VITAMIN C

**DID YOU KNOW?**  
OATS WERE THE FIRST  
FOOD WITH AN FDA  
HEALTH CLAIM LABEL.

## Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate nutrient dense foods into their eating habits. You can help create excitement to try new foods. They will find that they are really tasty and they will feel better if they add some of these foods to their diets.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc.

### **Week 1:** Give out:

- The 1- page overview handout *Eat Well, Age Well. Oats/Oatmeal*
- Placemat/handout for *Loaded Oatmeal Breakfast Bowl*
- Table Tent #1- *Whole Grain Oats*
- Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)

### **Week 2:** Give out placemat/handouts for:

- Placemat/handout- *Loaded Oats*
- Table Tent #2- *Whole Grain Oats Health Benefits*
- Table Tent # 7 – *Various Types of Oats*

### **Week 3:** Give out placemat/handouts for:

- Placemat/Handout- *"Hearty Benefits" of Oats*
- Table Tent #3- *Type II Diabetes Prevention*
- Table Tent #4- *Weight Loss Benefits*

### **Week 4:** Give out placemat/handout:

- Placemat/Handout- *Loaded Lunchtime Oatmeal*
- Table Tent #5- *Cholesterol Prevention*
- Table Tent #6- *Tips for Oatmeal*

**To print** the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments [pam.vankampen@gwaar.org](mailto:pam.vankampen@gwaar.org)