

EAT WELL, AGE WELL. OATMEAL

The Best of Oats World

Oatmeal is a great way to start your day. Packed with soluble fiber, it's going to make you feel full and stay feeling full!

Fiber cannot be broken down by the body for energy. It is essential to keeping a healthy GI tract.

The added benefit of fiber is that it helps lower harmful LDL cholesterol levels. The soluble fiber helps carry LDL away from the liver so it gets excreted with other wastes!

Oatmeal is a great way to help regulate blood glucose levels. The oats take a while to break down, so blood glucose levels are better able to stabilize.

It tastes great and does great things!

Loaded Oatmeal Breakfast Bowl

Ingredients:

- 1 $\frac{3}{4}$ c water (or milk)
- 1 c Old-Fashioned Oats
- Pinch of salt (optional)
- 2-3 Tbsp. brown sugar (optional)
- Cinnamon (as desired)
- $\frac{1}{2}$ medium banana (peeled and sliced) or fruit of your choice.
- 2-3 Tbsp. creamy peanut butter (melted if desired)
- 1 Granola Bar of your choice (diced small)



Pixabay.com- Jay Polverelli (Photographer)

Directions

1. Add the water (or milk) to a medium pot and heat over medium-high heat or microwave until boiling.
2. Add the oats, salt (opt.), and cook for 2-5 minutes or until water is absorbed and oatmeal is tender. Stir occasionally.
3. Add brown sugar and/or cinnamon and stir, if desired.
4. Put oatmeal in bowl and top with the banana and drizzle on the peanut butter.
5. Add fruit, granola bar pieces and other toppings as desired. Enjoy.

Adapted from source:

<https://www.averiecooks.com/2016/01/loaded-oatmeal-breakfast-bowl.html#>

GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students by Lauren Mickley

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Health and Oats

Protein is made in our bodies by Amino Acids that are broken down from the food we consume. Protein is the building block for many structures and carries out vital functions in our body.

There are 20 Amino Acids, 9 of which we have to obtain from our food. These are called Essential Amino Acids.

Protein foods that are complete contain all 20 Amino Acids. We can get complete protein by combining complementary foods.

A great combo is grains with nuts, seeds and dairy.

All of which can be obtained through this loaded oat recipe.
Enjoy!

Loaded Oats

Ingredients:

- 1 cup Old fashioned oatmeal (uncooked)
- 2 Tbsp. nut butter of your choice
- 1 cup skim milk (or milk substitute)
- 1 cup water
- 1 scoop -dry protein powder*
- ½ tsp. cinnamon
- 2 Tbsp. coarsely ground flax seeds (for topping if desired)



Pixabay.com- Haaijk.(Photographer).

Directions

1. Bring liquids to a simmer in a sauce pan.
2. Add the rest of the ingredients, except the flax seeds, save these for topping after cooking.
3. Cook gently 3-5 minutes until mixture is thick and desired consistency.
4. Top with ground flax seeds if desired.

*** Note:** If you use Whey protein powder, it helps muscles repair and grow. Whey is high in the amino acid L-tryptophan, which has been shown to improve cognitive function and may help decrease insomnia.

Adapted from source:
<https://ellefitness.com/healthy-and-nutritious-snacks/loaded-oats/>

EAT WELL, AGE WELL. OATS- A “HEARTY” FOOD

Overview

Cholesterol is a waxy substance, produced in the liver that is vital to every cell of every living creature. Plants don't have livers, so there is no cholesterol in plants naturally. However, watch what you add to them or cook them in as this is where the saturated fat and cholesterol can sneak in.

Cholesterol helps make hormones such as testosterone, estrogen and vitamin D.

However, too much “bad” or LDL, cholesterol can cause hardening of the arteries that can lead to many negative effects. It is estimated that 20% of all strokes & 50% of heart attacks are linked to high cholesterol.

Did You Know?

Elevated cholesterol can be caused by:

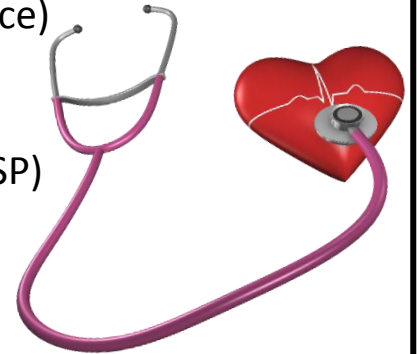
- Family history
- Not exercising
- Smoking
- Being overweight
- Eating too much saturated fat & cholesterol.
- Side effects of medications and/or underlying diseases of the kidney and thyroid.
- Hormonal changes with age, such as menopause for women.

Heart disease is the #1 killer of WOMEN in the United States. More women have elevated cholesterol than men do!

Source: Book: The Best Things You Can Eat.
By David Grotto, RD, LDN

Top 8 Foods for Lowering Cholesterol

1. Almonds (1 ounce)
2. Apple (1 cup)
3. Flaxseeds (2 TBSP)
4. Garlic (1 Clove)
5. Oatmeal (1 cup)
6. Extra-Virgin Olive Oil (1 TSBP)
7. Psyllium fiber (2 TBSP)
8. Soybeans (cooked) 1 cup



Additionally, the CDC recommends exercising at a moderate to vigorous pace for a total of 30 minutes a day to lower “bad” LDL and increase “good” HDL Cholesterol levels. Reduce your saturated fat intake as well. Read the label to know how much is in foods.

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Hearty Oatmeal

The FDA has given approval to companies to label their oats with health claim labels. These labels tell consumers that when combined with diets low in saturated fats and cholesterol, oats can reduce the risk for diseases related to heart health.

Because oatmeal has soluble fiber, it has qualities that help lower LDL cholesterol. Also, due to the fact that it keeps you full, it tends to curb hunger which prevents overeating, leading to weight loss.

Oats are a whole grain which help reduce high blood pressure, and lower the risk for type 2 diabetes.

Angela Liddon. (Photographer).

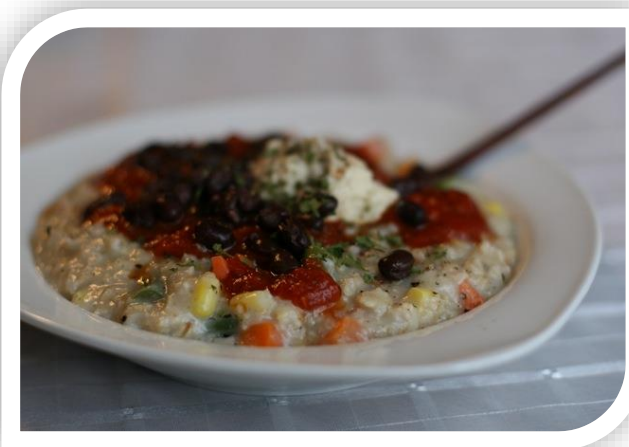
Loaded Lunchtime Oatmeal

Ingredients:

- ½ c Old Fashioned Oats
- 1 ¾ c water
- ½ c frozen veggies
- Fresh ground black pepper
- Pinch of sea salt
- ¼ tsp. freshly minced garlic

Toppings: (As desired per your preferences)

- Black beans
- ½ tsp. parsley flakes
- Sundried Tomato and Herb Seasoning
- Spaghetti Sauce
- Hummus
- Black pepper



Directions

1. Put oats and water into pot on medium heat, stirring frequently for 5 minutes. Or cook in the microwave according to package directions.
2. Add frozen veggies, black pepper, sea salt, and garlic to pot.
3. Cook 7-8 minutes on low-medium heat, constantly stirring. Cooking time in the microwave will be less, check after 3-4 minutes & stir.
4. Put into bowl and add toppings before serving. Enjoy.

This is a savory oatmeal. Give it a try, you may find it's a great new way to prepare & enjoy oatmeal. Especially on days when you don't feel like cooking, this is a quick and healthy meal idea.

Adapted from source:

<http://ohsheglows.com/2009/12/10/loaded-lunchtime-oatmeal/>

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