

Whole Grain Oats

Whole oat products consist of:

- Oats
- Oat bran
- Oat flour

These oat products decrease total cholesterol in your body and low density lipoprotein (LDL) cholesterol concentrations in the blood. The dense soluble fiber component in oats (beta-glucans) increase bile acid excretion, which reduces overall levels of cholesterol.



Source: Pixabay.com

Weekly Challenge:

Try to include
oats at lunch or
dinner, rather
than breakfast.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students

By: Nicki Lehtinen

Whole Grain Oats

The Different types:

1. **Steel Cut Oats**-true whole grain, lowers cholesterol and less processed.
2. **Old-Fashion**-are steamed and rolled to be given a flat shape. Same benefits but more processed.
3. **Quick Cooking**- same as old fashioned but are finely cut before being rolled out.
4. **Oat Bran**-is the outer layer of the grain that is located under the hull. Perfect for meatloaf and muffins.
5. **Oat Groats**-Oat kernel with the hull removed. Good for breakfast cereal or stuffing.

Weekly Challenge:

Experiment with these different types of oats and find your favorite!



Source: Pixabay. Miroslavik (Photographer)

Whole Grain Oats

Type II Diabetes Prevention



Source: Pexels.
Jeshoots.
(photographer)

By eating whole grains, which includes oats, new research is stating that it decreases the risk of developing type II diabetes. It delays the rise in blood glucose by slowing down your stomach emptying and provides a physical barrier to digestive enzymes. This makes you feel full longer and stabilizes your blood glucose levels.

Weekly Challenge:

Swap out white, refined grain with whole grains in one of your meals this week.

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Weight Loss

There was a study done at Tufts University that found people who ate a low calorie diet with the addition of oats had significantly better LDL cholesterol levels, total cholesterol, and blood pressure than the others who did not include oats in their low calorie diet. They concluded that the combination of weight loss and oats in the diet appeared to be associated with reduced lipid concentrations.

Weekly Challenge:

Add oats to your weight loss plan, they are inexpensive and easy to prepare!



Source: Pixabay. Miroslavik (Photographer)

Oatmeal

Cholesterol Prevention



Source: Pixabay.com

Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Up to 10 grams or more of soluble fiber a day decreases your total and LDL cholesterol. Eating 1 ½ cups of cooked oatmeal provides 6 grams of fiber. If you add fruit, such as bananas, you'll add about 4 more grams of fiber. To mix it up a little, try steel-cut oatmeal or cold cereal made with oatmeal or oat bran.

Weekly Challenge: Try adding raw oats to a smoothie or simply cook oatmeal and add a handful of berries.

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Tips



Source:
Littlechoicesmatter
(photographer)

Simply adding water, fresh fruit, or nuts can all benefit the body in different forms. These toppings add complex carbs that provide energy to the body and brain for essential physical and mental tasks, as well as minerals and antioxidants that may help protect against certain health diseases.

Weekly Challenge: Avoid buying packaged oatmeal varieties that are sweetened and contain added ingredients. Instead select oatmeal varieties that have no added ingredients and experiment in the kitchen.