



National Oatmeal Month

The New Year is here! Time to get back to basics and kick start healthy routines.

Health Benefits of Oatmeal

1. Reducing the risk of coronary artery disease (American Journal of Lifestyle Medicine in 2008) Eating foods rich in whole-oat sources of soluble fiber may help reduce the risk of coronary heart disease
2. Lowering cholesterol: Oats are rich in a specific type of fiber called beta-glucan. This particular type of fiber is known to help lower levels of bad cholesterol.
3. Reducing one's risk of colorectal cancer: For every additional 10 grams per day of fiber in someone's diet there is a 10% reduction in their risk of developing colorectal cancer.
4. Blood Pressure: (American Journal of Clinical Nutrition) Three portions per day can significantly reduce cardiovascular disease risk in middle-aged people mainly through blood pressure-lowering mechanisms.
5. Digestion and Obesity: Oats may play an important role in improving satiety (the feeling of fullness). Epidemiological evidence suggests that regular consumption of whole-grain foods may be correlated with lower body mass index.

6. Antioxidants in Oats: oats contain a range of molecules that act as antioxidants, this includes avenanthramides, which are polyphenols. Avenanthramides may play a roll in keeping blood pressure low by increasing nitric acid production.

Minerals — oats are rich in a range of important minerals, vitamins, and antioxidants. Just 100 grams of oats contain:

- 51 percent of the daily recommended intake of thiamine
- 8 percent riboflavin
- 5 percent niacin
- 6 percent vitamin B6
- 14 percent folate
- 13 percent pantothenic acid
- 26 percent iron
- 44 percent magnesium
- 52 percent phosphorus
- 12 percent potassium
- 26 percent zinc
- 31 percent copper
- 246 percent manganese