

# NUTRI-facts

## Healthy Heart February Series 2, Issue 4

### Oats

Oats are whole grains and have all the health benefits associated with whole grains: lower risk for heart attack, stroke, diabetes, hypertension, and obesity. Oats also have a low glycemic index and smooth out blood glucose thus preventing hypoglycemia and improving blood glucose control in diabetes. Oats also lower blood cholesterol," says Dr. James Anderson, internationally renowned pioneer researcher and professor of medicine at the University of Kentucky's college of Medicine in Lexington. Whole grains, such as oatmeal, are foods as nature intended, with no artificial additions or subtractions. Naturally low in fat and cholesterol, oats are a rich source of protein, vitamin E, iron, B vitamins, zinc, calcium, potassium, magnesium, soluble fiber and cellulose fiber. By most estimates, the average American diet is sorely lacking in fiber - 11g each day being the normal intake as opposed to the recommended minimum of 20-30 g.

### The Benefits

- Heart Disease: Evidence suggests that soluble fiber may reduce blood cholesterol levels, and diets rich in fiber appear to significantly reduce the risk of heart disease—even helping to mitigate the effects of smoking. Research indicates that daily consumption of oat-bran produced an average 20% decline in cholesterol levels among study participants.

- Diabetes: Research indicates that cereal fiber may substantially decrease the risk for Type II diabetes and oatmeal may help control blood sugar levels and reduce LDL cholesterol. A study by Dr. Anderson demonstrated that 11 of 20 diabetic men consuming approximately three and one half ounces of oat-bran daily no longer required insulin shots.
- Cancer: Oatmeal may decrease the risks of colon cancer and breast cancer. Indications are that it may also help protect against infections such as E. coli. A full bowl of oatmeal or oat bran is an excellent way to start the day or create a quick meal," Another way is to add our blend of soluble and insoluble fibers to any shake you desire. We call this Synergistic Nute - Fiber Blend.



**PFC**

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