

OATS ARE:

LOW IN SODIUM

Oats are one of the few breakfast cereal options with no added salt and are therefore low in sodium



HELP REDUCE BLOOD PRESSURE

Oats may help reduce blood pressure in humans, and there have been indications of a greater effect in obese than in lean persons



Oats are the only grain to provide an antioxidant-like substance known as avenanthramides

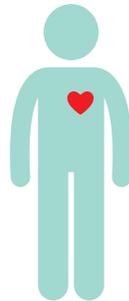
HELP REDUCE HEART DISEASE RISK

Avenanthramides have antioxidant, anti-inflammatory and antihistamine properties and may reduce the risk of heart disease and several other diseases associated with inflammation



SOURCE OF WHOLE GRAINS, VITAMINS & MINERALS

Typically eaten as whole grains, oats provide dietary fibre, a range of essential vitamins and minerals, and over **26 bioactive substances**



RICH IN β -GLUCAN

Oats are unique in that they are one of the richest sources of β -glucan soluble fibres (together with barley, rye and fungus)

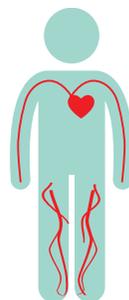
HELP LOWER BLOOD CHOLESTEROL

β -glucan in oats is proven to help lower blood cholesterol levels and, as a viscous fibre, lowers the glycaemic response to a food

(THEMSELVES) ARE GLUTEN-FREE

Oats themselves are gluten-free, but as they are a between season crop and may become contaminated with wheat either in the field or across the supply-chain, they cannot be labelled as such in Australia or NZ.

A small number of people with coeliac disease may also react to a type of protein naturally found in oats (avenins), but for most people with Coeliac disease, uncontaminated oats (where available) are safe to eat.



HELP MAINTAIN ENDOTHELIAL FUNCTION

Oats have the capacity to help maintain endothelial function



KEY NUTRITION FACTS:

✔ A natural source of energy

Oats provide energy in the form of starchy carbohydrates. These provide fuel for the brain (glucose), helping with mental performance throughout the morning.

✔ Whole grains

Oats are typically eaten as the whole grain, providing the whole package of fibre, nutrients and other bioactive compounds.

✔ Fibre

Oats provide fibres that are important for gut regularity, and fibre that helps manage cholesterol levels.

✔ High in β -glucan

β -glucan is a type of fibre that helps with glycaemic control and lower blood cholesterol levels.

✔ Source of thiamin, iron, magnesium & phosphorus

Vitamins and minerals provided by oats are important for good health. Combining oats with milk provides a whole package of essential nutrients.

✔ Low in sodium

Oats are naturally low in sodium

Source: OATS FOR HEALTH (2014)
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