



Aveen Bannon's Benefits of Oats

Oats are one of the foods that are delicious, versatile and extremely nutritious! Oats first made health history in 1997 when they became the first food with an FDA health claim label which was that eating soluble fibre from oats could help lower the risk of Heart disease.

Heart Health

And 20 years later the evidence to support that claim is stronger than ever! So there is a fibre in oats called beta gluten that forms a gel like structure and helps the body excrete cholesterol. Research shows that 3g of beta glucan a day can help reduce total cholesterol by 5% and LDL 'bad' cholesterol by 10%. A 40 g serving of oats will provide you with 2g of beta glucan.

Digestive Health

Fibre is not only good for the heart but also for our digestive health. Adults need approx 25-35g of fibre per day. Fibre is like a natural sweeping brush for the gut and helps the body eliminate waste. Starting the day with a high fibre breakfast can be a great way to help regulate the bowel. Oats are a naturally high fibre food and one bowl of porridge will provide approx. 4g of fibre.

Healthy weight

Oats help you feel fuller for longer. The reason is because they are high in fibre, contain protein and are considered a low Glycemic Index (GI) food which basically means they don't cause a rapid spike to your blood sugar levels. The energy from oats is released slowly into the gut helping you feel satisfied for longer.

Blood Pressure

New research indicates that the antioxidant avenanthramide, which is present in oats, may help reduce blood pressure when eaten... so another reason to include oats in your diet!

Benefit of breakfast

The right breakfast can really help set you up for the day. Breakfast as it implies breaks the fast from overnight and is the first meal of the day so a perfect opportunity to provide your body with good nutrition. We know that those who eat a healthy breakfast tend to be leaner, reduce their risk of type 2 diabetes and have better digestive health. Also research has shown that kids who eat a healthy breakfast perform better academically. So no excuses!