

Lets talk SUPER FOODS! We know OATS are incredible! Many of you know they look and taste great, but do you also know why they are SO HEALTHY for you? Well, read on to learn more.

One cup (81 g) of uncooked regular and quick oats contains approximately 307 calories, 10.65g of [protein](#), 5.28g of [fat](#), 54.84g of [carbohydrates](#) and 8.2g of total dietary [fiber](#). Oatmeal contains soluble fiber, believed to reduce your low-density lipoprotein (LDL), the “bad” cholesterol, making it a heart-healthy food. Packed with healthy nutrients, oats also contain a good source of [thiamin](#), [phosphorus](#), and [manganese](#).

Fiber is a nutrient that serves many purposes, such as promoting digestive health, appetite regulation, blood sugar balance, and cholesterol management. Fiber, a complex carbohydrate, is divided into two categories: soluble fiber and insoluble fiber. Getting the right amount of fiber requires hitting a sweet spot, as getting too much or too little can cause gastrointestinal symptoms. Generally, if your diet includes a rainbow of plant matter every day, your fiber intake will be adequate.

Vitamin B1, also known as thiamine, helps all of the body’s tissues, including the brain, function properly. Thiamine helps us turn food into energy, and assists in our DNA synthesis.

Phosphorus is an essential mineral, and every cell in the body requires it. Some of its important functions include assisting with bone formation, energy transfer, hormone production, cell signaling, and more.

Manganese is an essential mineral which has many vital functions, including helping to metabolize carbohydrates, cholesterol, and amino acids. It also assists the antioxidant enzymes of our mitochondria (the powerhouses of our cells).

Once harvested, oats can take many forms. You can find steel cut oats, which are the least processed and contain more fiber but take more preparation. Regular or quick rolled oats are quick cooking and have a softer texture. Instant oats, which are very quick cooking but more highly processed and may contain additives like sugar or flavoring, which tend to make them less favorable. Check the labels for your preferred type. You can also consider your preferred food into your cooked oats, to further increase your nutritional intake.

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