

# EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

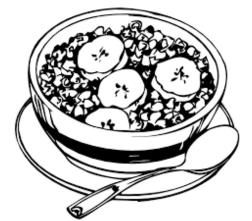


## Toatally Awesome

Oats have been a popular food for thousands of years, and for good reason! Just a half cup of these ancient grains is packed with nutrients, including a mix of fiber, protein, and fat for an *oat*-standing start to your day. Although they are usually eaten for breakfast, these nutritional powerhouses can be eaten at any time of the day.

#### **Try It Sweet**

Top your oatmeal with fresh fruit, such as blueberries or strawberries, and a nut butter for a sweet breakfast treat



Try It Savory
Top your oatmeal with
eggs, sauteed veggies,
salsa, or hot sauce for
a filling twist on
traditional oatmeal

#### Fiber

Oats are high in fiber, which aids in digestion and supports your gut microbiome.
Fiber can also contribute to lowering the risk of coronary heart disease, and, along with a healthy diet, may aid in weight management.

#### Protein

With about 6 grams of protein in a ½ cup serving, oats provide a good source of high-quality plant-based protein.

Plant-based proteins

Plant-based proteins have a lower carbon footprint than animal proteins.

### **Healthy Fats**

Oats contain healthy fats called unsaturated fatty acids.
Along with the protein

and fiber in oats, fats help keep you full until your next meal.

### **Antioxidants**

Oats contain plant compounds called antioxidants, which may play a role in reducing inflammation.

Over time, chronic inflammation can lead to long term

health problems.

How does Reese eat her oatmeal? Witherspoon!

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References: Paudel D, Dhungana B, Caffe M, Krishnan P. A Review of Health-Beneficial Properties of Oats. Foods. 2021;10(11):2591. Published 2021 Oct 26. doi:10.3390 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8625765/Accessed February 26, 2022

Kim IS, Hwang CW, Yang WS, Kim CH. Multiple Antioxidative and Bioactive Molecules of Oats (*Avena sativa* L.) in Human Health. *Antioxidants* (*Basel*). 2021;10(9):1454. Published 2021 Sep 13. doi:10.3390/antiox10091454 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8471765 Accessed February 26, 2022

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