



# oats

**STEEL-CUT  
OATS**

**VS**

**ROLLED  
OATS**

## The Health Benefits of Oats

Both steel-cut and rolled oats are whole grains that are high in fiber and disease-fighting compounds. Steel cut oats are less processed, taking longer to digest so you feel full longer. Rolled oats are sliced with steam which cooks them slightly, so they can be eaten “raw.”

### **1/2 cup uncooked oats provides:**

- Rolled oats: 150 Calories, 5 gm protein, 4 gm fiber, 3 gm fat
- Steel-cut oats: 170 Calories, 7 gm protein, 5 gm fiber, 3 gm fat

### **Nutrients in Oats**

- High in B vitamins thiamin, folate & pantothenic acid
- Great source of manganese important for bones, skin and blood sugar control. Also high in phosphorus, potassium & calcium
- High in beta-glucan, a soluble fiber that helps lower cholesterol and blood sugars; contributes to healthy bacteria in the colon
- Good for weight control since oats contribute to fullness & satiety

For more information, visit our website:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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