



## September Healthy Bytes Initiative Hearty Oats

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With summer coming to an end and the school year fast approaching, give your family a healthy start in the mornings with oats! Oats are high in protein and soluble fiber. Enjoy oats for breakfast with fruit toppings such as blueberries or bananas. Stir in almond butter, top with coconut or walnuts, or add applesauce or fruit preserves. Spice it up with cinnamon, ginger or pumpkin spices.

Want more ways to incorporate oats into your diet? Add them to muffins, pancakes or cookies. They can also be mixed with peanut butter, almonds and honey to form oat balls—no cooking necessary!

### Health benefits of Oats


Oats are a good fuel to keep us feeling full and energized. They are rich in nutritious vitamins and minerals, antioxidants, and fiber that help lower blood sugars, cholesterol, and chronic inflammation. Although oats are gluten free, they may be processed on machinery with gluten products. Be sure to read labels.

### Varieties of Oats

There is a large variety of oats, all of which range in nutrition and cook time. Steel-cut oats are the most nutritious and take about 20-30 minutes to cook in a pot with boiling water. Scottish oats are steel-cut oats that have been ground, making them quicker to cook. Rolled oats are the most common, and cook much faster than steel-cut oats. Instant or quick-cooking oats have been processed to cook faster. As a result, these options are less nutritious and often have added flavorings, sugars, and salt.

For delicious and nutritious oat recipes,  
visit [AdvancedHealth.com/Healthy-Bytes-Initiative](http://AdvancedHealth.com/Healthy-Bytes-Initiative).

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### Overnight Oats

**Ingredients**

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- ½ cup nonfat 1% milk
- ½ cup berries, fresh or frozen
- ½ cup chopped apple (about 1/3 of a medium apple)

**Directions**

1. In a medium bowl, mix oats, yogurt and milk
2. Add the fruit now or add just before eating
3. Cover and refrigerate oatmeal mixture for 6-12 hours
4. Refrigerate leftovers within 2 hours

**Prep time:** 15 minutes  
**Cook time:** 6 hours  
**Makes:** 4 cups

**Notes:** Serve scoops of oatmeal in small dishes or spoon into small containers with lids for grab and go breakfasts.

*Recipe provided by Food Hero: an Oregon State University Extension Service social marketing campaign. Find more great recipes at [FoodHero.org](http://FoodHero.org).*