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www.advancedhealth.com/healthy-bytes-initiative

contributes to fullness & satiety

- sugars, contributes to healthy bacteria in the colon

 Good for weight control since the high fiber

 contributor to full pace & cotton
- control. Also high in phosphorus, potassium & calcium

 High in beta-glucan, a soluble fiber, helps lower cholesterol and blood
- Great source of manganese important for bones, skin and blood sugar
 - High in B vitamins thiamin, folate & pantothenic acid

Nutrients in Oats

- Steel-cut: 170 Calories, 7 gm protein, 5 gm fiber, 3 gm fat, no chol
- 1/2 cup uncooked oats provides:

 Rolled: 150 Calories, 5 gm protein, 4 gm fiber, 3 gm fat, no cholesterol

The Health Benefits of Oats



Both steel-cut and rolled oats are whole grains. Steel-cut are less processed, taking longer to digest. Rolled oats are sliced with steam which cooks them slightly.

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Healthy Eating Active Living

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