

OATMEAL

Give your day a smart start...

1. Measure

Use rolled oats because they are low-cost and easy. Old-fashioned oats are the top choice, but fast-cooking oats work too.

1/2 cup oats

1 cup water

2. Cook

Microwave: Place your oats in a large ceramic cereal bowl and cook for 2 minutes in the microwave.

Stovetop: Combine water and oats in a pan. Heat over medium heat at a simmer. Cook, stirring regularly, for 3 minutes or until thick.

3. Serve

Top with spices, fresh fruit, and skim milk. Or try one of these flavor topper ideas:

Berries and yogurt

Raisins and apples

Nuts and pumpkin puree

Cinnamon and banana



Meet Oatmeal

Choosing oatmeal instead of a fast-food breakfast sandwich or a breakfast pastry will cut about 20 grams of fat, over 5 teaspoons of sugar, and 300 calories per day. The fiber in your oatmeal will help make you feel full until lunch. *Plus* it keeps your heart healthy.

There are a few different oat options on the market today.

- **Rolled Oats:** Rolled oats are exactly that — oats that have been steamed and then rolled flat. They are sold as old-fashioned or quick-cooking oats.
- **Steel-Cut Oats:** These oats take much longer to cook but have a nutty, robust flavor. Instead of being flattened like rolled oats, these oats are sliced into small pieces.
- **Instant Oatmeal:** Instant oatmeal is often full of sodium and added sugar. For now, steer clear of it.



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