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NUTRITION AND YOU...OATMEAL

FOOD FOR THOUGHT

Oatmeal has been a staple food for centuries in some parts of the world. Now it is a popular food in the United States because studies show that eating part meal as part of a low-fat diet can help lower your cholesterol.



Note: ½ cup of cooked oatmeal (or 1/3 cup dry) counts as 1 cup of whole grains.

SHOP SMART

Rolled in oats are the most common form of oatmeal sold in supermarkets. You can find rolled oats in whole, quick-cooking or instant forms. Most oatmeal comes in boxes or bags. Look for oatmeal in the cereal or natural food aisles.

KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Before purchasing oatmeal, check the “sell-by” or “use-by” date.
- Keep oatmeal in a tightly sealed container in a dark, dry place.
- Oatmeal can be stored at room temperature for one month. Oatmeal stored in the refrigerator will keep for up to four months.

EAT HEALTHY

Oatmeal is:

- A good source of Vitamin B
- A good source of magnesium
- Low in fat
- Cholesterol free

Your Local Story here:

18 pt Arial Bold Headline

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Banana Split Oatmeal

Ingredients:

- 1/3 cup quick-cooking oatmeal
- 1/8 tsp. salt
- 3/4 cup very hot water or low-fat milk
- 1/2 sliced banana
- 1/2 cup non-fat frozen yogurt.

Instructions:

1. In a microwave safe cereal bowl, mix the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Nutrition Facts –Banana Split Oatmeal

Cost: Per Recipe: \$ 0.52 Per Serving: \$ 0.52

Serving Size: 1 full recipe (264 grams)

Calories: 150 Calories from Fat: 10

Per Serving	% Daily Value*
Total Fat – 1 g	2%
Saturated Fat – 0 g	0%
Dietary Fiber – 4 g	16%
Sodium – 290 mg	12%
Sugars – 7 g	
Protein – 4 g	

*Percent daily value
Based on a 2,000
calorie diet. Your
daily values may
be higher or lower
depending on your
caloric needs.

FOCUS ON FITNESS

Do stretches, exercises, or pedal a stationary bike while watching television.

REMEMBER:

Instead of buying flavored oatmeal with added sugar, buy plain oatmeal and add your own flavor with fresh fruit and cinnamon. It will save you money and it tastes great!



REFERENCES

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