

Oats

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CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Oats are a whole-grain cereal, and come in various forms based on how they are processed. The main types of oats (least processed to most processed) are steel-cut, rolled or old-fashioned oats, and quick and instant oats.
- According to the American Heart Association, studies have associated oats and oatmeal with plenty of heart-healthy benefits, such as lowering cholesterol and helping with weight control.
- 1 cup of old-fashioned rolled oats contains:
 - 29% of your daily recommended value of dietary fiber to keep you full and help lower cholesterol and blood pressure.
 - 19% of your daily recommended value for iron to help your body with growth and development.



PREPARE

Oatmeal:

Follow package directions for exact cooking times. Generally, less-processed oats such as steel-cut take 25-30 minutes to cook, whereas instant oats take 1-2 minutes. Top with fruits, nuts, and seeds.

Overnight Oats:

In a medium glass jar, add $\frac{1}{2}$ cup old-fashioned or rolled oats (not instant) and $\frac{1}{2}$ -1 cup liquid, such as milk. Tightly screw on the lid and shake the jar vigorously until all ingredients are incorporated well. Refrigerate overnight or for at least four hours. The oats will soften, and the mixture will thicken into a pudding-like texture.

STORE

- Store dry oats in a cool, dry place, such as a pantry or cupboard.
- For cooked oatmeal, opt for a container with a tight seal, and refrigerate until ready to eat. Cooked oats can also be frozen in an air-tight container.