

## ♥ Health Minute™

Oatmeal, a rich source of dietary fiber, has been discovered to lower cholesterol levels in over 40 separate research studies. It is thought that the oat fibers (beta glucan) mix with cholesterol in the small intestine and carry the cholesterol out of the body instead of it being absorbed into the blood. Oatmeal has a high content of complex carbohydrates and fiber which encourages slow digestion and stable blood-sugar levels. In a recent study, people who ate whole grain oatmeal had lower cholesterol than those who ate refined grains. Try it for yourself – WE know it will lower your cholesterol.



Bringing oatmeal into your life	Oatmeal trivia
<ul style="list-style-type: none"><li>♥ 1 ½ cups of whole grain oatmeal contains 3 grams of soluble fiber</li><li>♥ Oatmeal is not just for breakfast. Use it to coat food, as a thickener for soups, or as part of a casserole.</li><li>♥ Swap 1/3 of a recipe's flour for whole grain oats.</li><li>♥ Remember that not everything with oatmeal in it is "heart healthy." Those store-bought oatmeal cookies are often high in sugar and bad fats.</li><li>♥</li></ul>	<ul style="list-style-type: none"><li>♥ Vermont has the highest per capita consumption of oatmeal in the United States</li><li>♥ The proportion of Americans who eat oatmeal for breakfast has not changed in 20 years (1 in 5 Americans eat oatmeal)</li><li>♥ Americans buy more oatmeal in January than in any other month</li><li>♥ The portrait of the "Quaker Man" on the package has only been updated three times since its debut in 1877, once in 1946, again in 1957 and, most recently, in 1972.</li></ul>