



THE SKINNY ON STEEL CUT OATS

Serving Up a Bowl of Delicious Nutrition!

There is nothing like a warm bowl of oatmeal on a cold winter's day. Whether you hate oatmeal or love it, there is no denying the wonderful health benefits from consuming this high fiber cereal. So, what is the difference between the traditional rolled oats that come today in a plethora of options from instant to flavored and steel cut oats? The answer is simple – processing.

To begin, one must understand that all of these cereals start off with hulled grains called groats. The way that groat or inner portion of the oat kernel is processed determines which type of cereal you purchase. Rolled oats or flake oats, typically go through a four-step process that involves being steamed, rolled, re-steamed and toasted. Quick-cooking rolled oats are cut into smaller pieces and rolled even finer for faster cooking. That means the final product has lost some of its natural goodness and the signature texture of steel cut oats.

Store bought instant oatmeal is precooked, dried and combined with sugar and flavor additives. This prepackaged option attracts many consumers looking for convenient breakfast options. Many kids and adults like the taste of instant oatmeal over the regular old-fashioned variety.

The beauty of steel cut oats is that they are unrefined and have the least amount of processing before being packaged. The whole grain groat is simply cut into two or three pieces. No steaming, rolling or toasting. The end result is golden-hued oatmeal with a hearty crunch that is sure to get you going in the morning.

It takes twenty-five minutes or longer to cook some brands of steel cut oats, which deterred many consumers, but many stores now sell this grain with faster cooking time options. These quick-cooking whole grain groats are partially steamed but left intact. The end result ensures you get all the healthful benefits of slow cooking steel cut oats.

Having a healthy breakfast is essential to getting your day off to a great start. Consider adding oatmeal in your rotation in the morning. The benefits of eating steel cut oats have been proven to reduce cholesterol, improve digestion, fight cancer, and help you lose weight. Eating a bowl of this healthy grain cereal will give your body a dose of vitamins, protein, fiber, and calcium.

Boost your energy in the morning with steel cut or rolled oats. Both options will amp up your healthy nutritional intake before officially starting your day. Don't be afraid to branch out and try steel cut oats. Experience the nutty, crunchy texture that is sure to please and satisfy the toughest oatmeal critics!