

Oats - The Wonder Grain

Provides whole grain nutrition

Whole grain oats provide complex carbohydrates, proteins, fibre, B vitamins and iron.

Helps manage weight

Oat beta glucan [soluble fibre] absorbs water and thereby provides a feeling of fullness and can help decrease untimely hunger pangs.

Helps reduce cholesterol

Beta glucan in oats, as a part of a low fat diet, can help reduce the 'bad' LDL cholesterol which is a risk factor for cardiovascular disease.

Helps manage blood sugar levels

Beta glucan can help slow down the absorption of glucose from the body, thereby helping to keep blood sugar levels under control.

Helps keep healthy blood pressure

Oats are low in sodium and as part of a diet low in salt, can help keep blood pressure healthy.

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