



# ≥ Foodie Friday ≤

January is **National Oatmeal Month!**

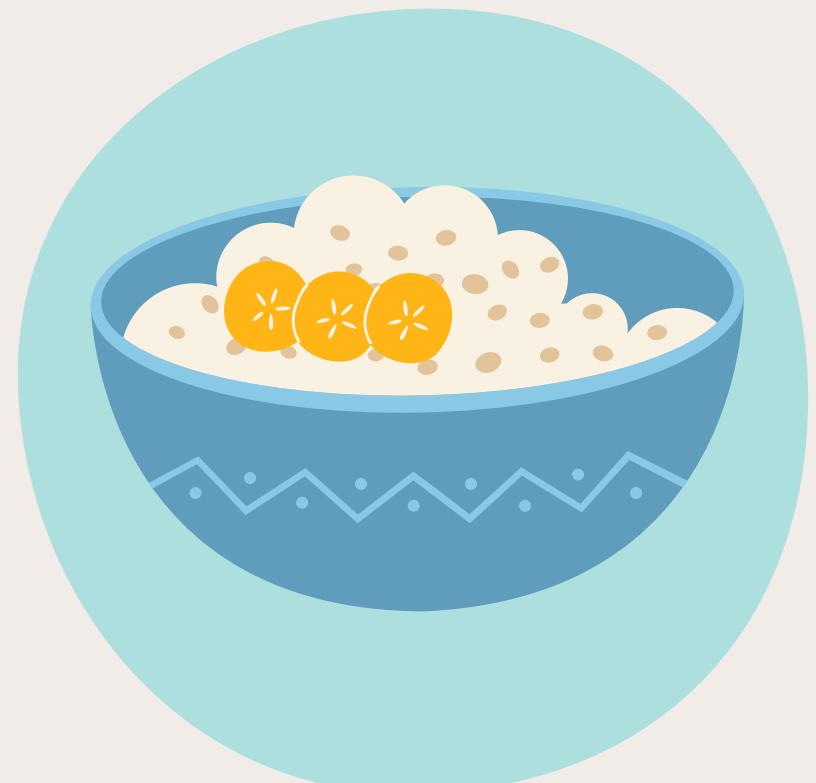
Let's talk about it.



Apart from cereal, oatmeal cookies are the most popular way of preparing oats.



Ancient Greeks were among the first people to create a cereal from oats, also known as porridge.



Milk, sugar and fruit are the most popular oatmeal toppings.



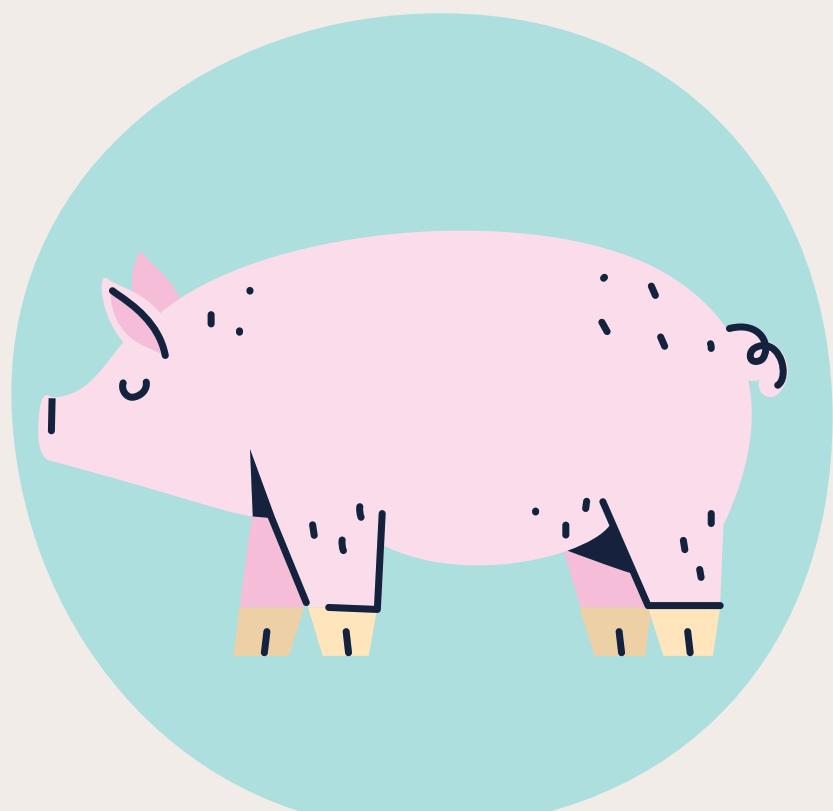
## Did You Know?



Oatmeal is known to have heart healthy properties.



Oatmeal averages at 15 cents per serving making it very affordable.



Oats are most commonly used as livestock feed.

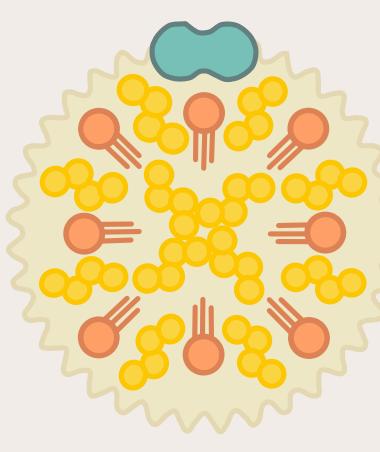
# Nutrition

## Nutrition Facts

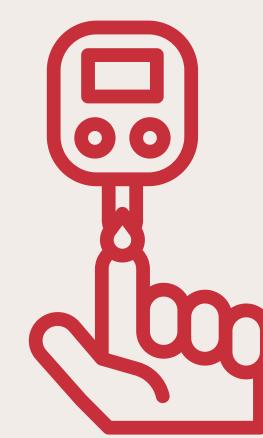
Serving size	1 Packet Instant Oatmeal (186g)
Amount Per Serving	
<b>Calories</b>	<b>110</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 4mg	20%
Potassium 112mg	2%
Phosphorus	10%
Magnesium	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Oats, found in oatmeal, contain an adequate amount of fiber which is known to lower cholesterol as well as blood sugar levels.



lower cholesterol

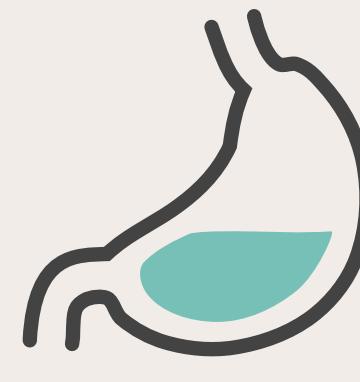


lower blood sugar

helps with

helps with

Fiber also slows down digestion and promotes the feeling of fullness.



digestion

helps with

Oats contain minerals such as phosphorus, thiamine and zinc. They contain plant compounds, that have antioxidant properties, which help with chronic inflammation as well.

Click on each name for the recipe!

## Recipes

[Banana Bread Baked Oatmeal](#)

[Blueberry Oatmeal Muffins](#)

[Raisin Pecan Oatmeal Cookies](#)

[Peachy Oat Smoothie](#)

[Homemade Oat Milk](#)

[Corn and Oat Risotto](#)

[Turkey, Kale and Oat Meatballs](#)