



Choosing healthy oats



Even healthy foods can be made unhealthy through processing and adding unnecessary sugar and fat. How do you know which oats are best for your family?

Steel-cut, rolled or instant?

You can choose any type of oatmeal that is made with whole oats. They all contain very similar nutritional value. Instant oats are precooked and cut thinner to reduce cooking time. Steel-cut oats tend to be chewier than “old fashioned” or rolled oats, but both are equally nutritious. The best type of oat is the one you like and cook regularly.

Look at ingredients and the nutrition label before you buy.

Many commercially made oatmeals, especially ones that appeal to children, contain 12 grams of sugar or more. Some also contain artificial colors, sweeteners or flavors. Buy plain instant oatmeal packets and sweeten your child’s portion with a little honey, fruit or jelly.