

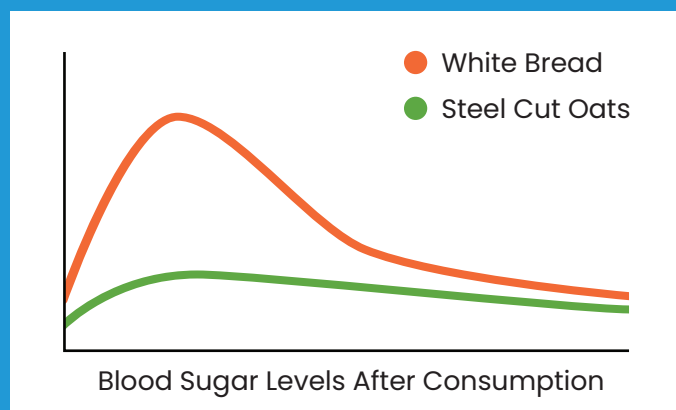
Health & Nutrition Sciences

The Power of Oats: Benefits Beyond Cardiovascular Health

Oats are a nutrient dense, relatively inexpensive whole grain food that is widely available around the world. The consumption of whole grains is widely recommended due to its well-established link to reduced cardiovascular risk factors, and other improved health effects on blood glucose, blood pressure, satiety, weight management, and gut health.¹ Beta-glucan, a prebiotic soluble fiber found in oats, may be responsible for many of these improvements.



Find the full results here: Mathews R, Chu Y. An encompassing review of meta-analyses and systematic reviews of the effect of oats on all-cause mortality, cardiovascular risk, diabetes risk, body weight/adiposity and gut health. Crit Rev Food Sci Nutr. Published online August 13, 2024. doi:10.1080/10408398.2024.2382352



Consuming foods rich in beta-glucan, such as oats, may help to regulate spikes in blood glucose compared to foods containing little to no beta-glucan.

POSTPRANDIAL BLOOD GLUCOSE REGULATION

Regular oat consumption, primarily due to its beta-glucan content, has been consistently linked to a significant reduction in blood glucose levels after eating a meal in those with and without type 2 diabetes.

For each gram of beta-glucan consumed, postprandial glucose is reduced by 8-9%,² making oats an excellent addition to the diet of those managing diabetes or prediabetes.

FASTING GLUCOSE

Further improvements in fasting glucose have only been observed in those with type 2 diabetes; the effects are less clear in healthy individuals.

BLOOD PRESSURE LOWERING

Consistent oat intake has been linked to a significant reduction in blood pressure in individuals with pre-hypertension or stage 1 hypertension.



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SATIETY AND WEIGHT CONTROL

Due to their beta-glucan content, oats may aid in improving satiety, making you feel *fuller for longer*. Oat consumption has been linked to a *significant reduction in body weight and body fat* in individuals classified as overweight, even when they weren't restricting their calorie intake.



BOWEL FUNCTION AND HEALTH

Consuming oats *may improve gut health* because oats add bulk to stool. The bulking effect is largely attributed to the action of the oat dietary fiber and the increase in the community of beneficial bacteria residing in the gut that feed on oat soluble fiber (beta-glucan). Oats act as a prebiotic by *promoting the growth of beneficial bacteria*, which has been associated with many of its known health effects.^{3,4}



**1.5 Cups
(~85g)**

PRACTICAL RECOMMENDATIONS FOR HEALTHCARE PROFESSIONALS

Healthcare professionals are uniquely positioned to communicate the benefits of healthy eating patterns that include whole grains, and oats in particular.¹ The evidence has shown oats to be an *important dietary component with significant positive benefits* on cardiovascular health, glycemic control, gut health and weight management, and therefore *should be increasingly recommended as part of a healthy diet* to help improve population health.¹

To achieve significant health benefits, research indicates that individuals should consume at least *3 grams of beta-glucan* per day, equivalent to approximately *1 ½ cups of cooked oats*.



REFERENCES:

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