

DO YOU/CAN YOU

DO THIS?

SHORT WELLNESS SELF-CHECKS

Bottom-line: Steel Cut, Old Fashioned, Rolled, and Unflavored Quick Oatmeal are highly nutritious and have been associated with a number of health benefits. Eating them may help lower cholesterol, decrease blood sugar levels, and help with weight loss.

The nutritional differences between 2 ounces (56 grams) of rolled, steel-cut and quick oats are very similar. Steel cut has a little more fiber, may have a lower glycemic index than rolled or quick oats, meaning the body digests and absorbs them more slowly, leading to a slower rise in blood sugar, and may have a touch more protein. But according to [healthline.com](https://www.healthline.com) all three types are highly nutritious and excellent sources of fiber, plant-based protein, vitamins, minerals and antioxidants.

The most important thing is to choose an oatmeal that fits best with your lifestyle.

Cooking

Steel cut oats have a coarser, chewier texture and nuttier flavor than rolled or quick oats and take longer to prepare (15–30 minutes). Rolled oats, or old-fashioned oats have a milder flavor and softer texture and take much less time to make than steel-cut oats, as they have been partially cooked (2–5 minutes to prepare). Quick oats are much quicker to prep and have a mild flavor and soft, mushy texture. *I like my 1-2 servings of oatmeal with Greek Yogurt, Berries, and a 1 Tbs. of peanut butter. Frozen berries are inexpensive and great to cook with oatmeal.*

Do you Do Oatmeal? What's the difference.

If you are a health nut you may have wondered what is the difference between all the oatmeals. First, I am not talking about the sugar laden and flavored added ones. If it says in the ingredients anything but oats do not have. To add flavor try berries and spices or a little bit of honey.

Nothing added old-fashioned rolled, steel-cut, and quick oats all provide a wealth of nutrition. They are fiber-rich carb that's low in fat and high in protein, vitamins and minerals and are gluten free. They all start out as groats and they are then processed in different ways to create either steel-cut, rolled or quick oats, all of which have distinct characteristics. Irish oatmeal aka steel-cut oats are most closely related to the original, unprocessed oat groat. Regardless of which type you choose, again be sure to choose unsweetened varieties to avoid excess sugar.

A great health benefit of oatmeal beside being loaded with aforementioned attributes they also contain beneficial compounds, including antioxidants and beta-glucan, a type of soluble fiber linked to many health benefits including weight loss, blood sugar control, and lowering of lipids.

HOW DOES IT AID IN WEIGHT LOSS? The beta-glucan in oats helps slow digestion, leading to an increased sense of fullness and more gradual spike in blood sugar. The fiber found in oats is beneficial for digestive health, fueling the good bacteria in the intestines and promoting regular bowel movements.