

An Easy Breakfast with Benefits

Oatmeal can make an easy, sensible breakfast even when you are on-the-go. Oats naturally contain protein, both soluble and insoluble fiber and important minerals. Plus, they can help keep you feeling fuller longer avoiding that mid-morning visit to the vending machine. Here's what to look for in your oatmeal!



PROTEIN

for muscle support

It's the body's building block and important for:

- Cell structure, function, regulation, and transport
- Enzymes and hormones
- Muscle repair, recovery, and growth
- Satiety, energy source (protein takes longer to digest than carbs!)

Aim to get 10-35% of your calories from protein targeting the higher end of the range if you are trying to maintain muscle tone or manage your weight.

FIBER

helps supports digestion



PROBIOTICS

support overall wellness

Complex carbohydrates that your body cannot fully digest or absorb with many benefits:

- Helps support healthy cholesterol and blood glucose levels
- Helps your digestive system and adds bulk to help support bowel regularity
- Digested slowly, less energy-dense, and larger in volume
- Helps you feel fuller longer by stimulating certain gut hormones
- Recommendation: 25g (women) and 38g (men) per day.

Alive-in-our-gut probiotics can have a positive influence on the good bacteria in your gut by:

- Helping support your immune and digestive system by making your gut pH lower and less welcoming to bad bacteria
- Competing for food with pathogens
- Protecting your gut barrier



Whole grains like oats not only include fiber, but also many vitamins and minerals, phytonutrients and antioxidants, which all work together to play an important role in promoting overall health.

Chicory root contains inulin fiber which is a natural good source of fiber and is commonly added to boost fiber content.



Ways to include probiotics in your diet:

Yogurt, Kefir, Kombucha, Kimchi, Sauerkraut, Miso, Tempeh or probiotic-containing products designed to supplement the diet.

It's very important to remember there are thousands of different strains of probiotics and any health benefits that they may impart are specific to the strain.