

# 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

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.



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.

## Our Hot Oatmeal + Helps Keep Your Body and Belly Healthy

10g Protein

5g Fiber



No artificial flavors or sweeteners



## Protein & Fiber Hot Oatmeal

Power up perfectly with a warm, wholesome and delicious protein-fueled blend of whole grains, like rolled oats, steel cut oats, cut oats and the super-grain red quinoa.

- Contains soy protein, a complete protein with all of the essential amino acids our bodies need.
- Chicory Root Fiber providing a good source of fiber
- 27-40g of whole grains/serving
- 4 Delicious Flavors: Madagascar Vanilla Almonds & Pecans, Farmer's Market Berry Crumble, Honey Peanut Butter, Banana Bread

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