

Oat -

A Cereal Jewel of Nutrients



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Oat (*Avena sativa*) is one of the most nutritious cereal grain. While oats are suitable for human consumption as oatmeal and rolled oats, one of its most common uses is as livestock feed. Oats are grown throughout the temperate zones. They have a lower summer heat requirement and greater tolerance of rain than other cereals like wheat, rye or barley, thus making them an annual crop which can be sown either in autumn (for late summer harvest) or in the spring (for early autumn harvest).

Oats have numerous uses in food; most commonly, they are rolled or crushed into oatmeal, or ground into fine oat flour. Oatmeal is chiefly eaten as porridge, but may also be used in a variety of baked goods, such as oatcakes, oatmeal cookies, and oat bread. Oats are also occasionally used in several different drinks for eg: brewing beer in Britain. Oat extract can also be used in skin lotions.

Nutritional value per 100gms		
Energy	390 kcals	1630 KJ
Carbohydrate	66 gms	
Dietary Fiber	11 gms	
Fat	7 gms	
Protein	17 gms	
Pantothenic Acid	1.3 mg	26 %
(Vitamin B5)	56 ug	14 %
Folate (Vitamin B9)	5 mg	40 %
Iron	177 mg	48 %
Magnesium	4 gm	
B-glucan (soluble fiber)		
Source: USDA Nutrient Database		



People who have an allergy to wheat often consume oats. Oatmeal and rolled oats do not go through any refining processes, so they are whole foods, thereby preserving their nutritional value.

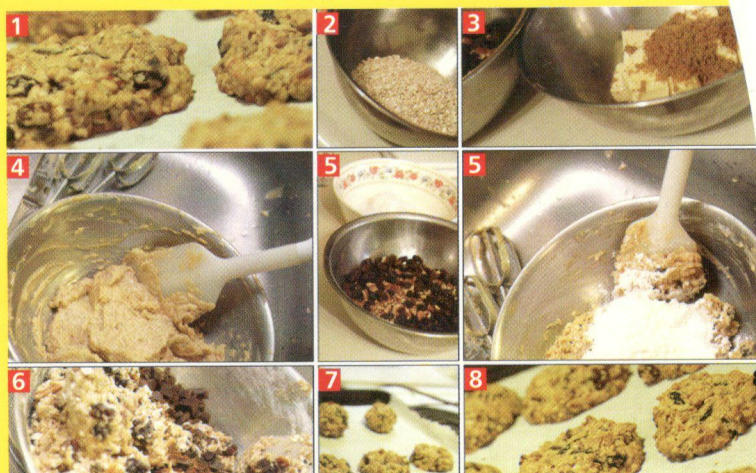
Constipation

Beta glucan provide dietary bulk, which improves the digestive process and prevents constipation or eases it if the condition already exists.

Cooking

Oats can be eaten raw or cooked. Oats have this flexibility not only because of its variety, but also because it is half cooked. It can easily be used to make quick pastas & muffins. Moreover, since it substitutes for maida, it is a healthy option any day.

It can act as a thickening agent for soups & gravies instead of maida & replace wheat flour in cooking.



Heart Disease

Oats provide soluble fiber (called beta glucan) which acts like a sponge during digestion, soaking up and removing cholesterol from the body.

Diabetes Mellitus

Oats reduce the absorption of carbohydrates into the bloodstream, stabilizing blood sugar levels which, in turn, may help people with non-insulin dependent diabetics.

Cancer

Oats have essential fatty acids & antioxidants that, together with vitamin E, slow cell damage & have been shown to reduce the risk of cancer.

Body Building

Oat protein is nearly equivalent in quality to soy protein, which has been shown by the World Health Organization to be equal to milk and egg protein.

Full of protein and minerals, oats help in building strong bones, teeth and connective tissues and for boosting energy.

Pregnancy

They are easily digested and so are traditionally regarded as a good food for convalescence, particularly after childbirth, as they are also believed to tone the uterus.

Tasty Bites Oats Recipes

Multigrain Oats Paratha

- 1 cup Wheat Flour
- 2 tbsp Bajra Flour
- 2 tbsp Jowar flour
- 2 tbsp Chana flour
- 2 tbsp Soybean flour

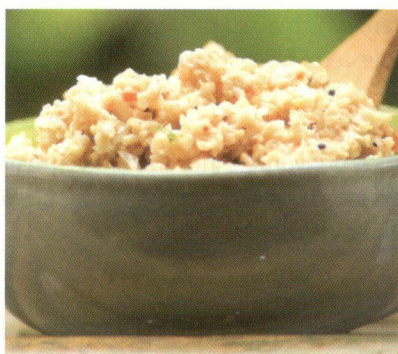
2 tbsp Roasted oats

- ½ cup finely chopped shredded palak
- 1 grated carrot
- 1 cup American corn crushed
- 1 tbsp of Green Garlic finely chopped
- 1 tbsp of Dry Garlic Finely chopped
- 1 tsp ginger chilli paste
- 2 tbsp of curd
- 1 tbsp of Jeera
- Salt to taste



Method

Mix all the above ingredients to prepare a dough (Add water if needed). Roll the dough into triangle shaped paratha and immediately cook the paratha.. Roast on both sides. For a healthy paratha, do not use oil. Cook it on a non stick pan. Serve hot with chutney, pudina curd, raita or soup.



Oats Upma

100 gms Roasted Rawa

50 gms Roasted Oats

- ½ cup pureed palak
- 1 grated carrot
- 10 -15 pieces peas
- 10-15 pieces boiled corn
- 1 potato finely chopped
- 1 onion finally chopped
- 10 -15 roasted groundnuts

Method

Heat 2 tsp oil with rai, jeera, kadi patta. Sauté onions, when it becomes translucent add potato, peas, corn, rawa & oats. Roast till golden brown. Add palak puree, carrot, salt, 1 squeezed lemon juice, sugar and ginger chilli paste. Add 150 ml water. Cook till done.

Oats Porridge

- 1cup cow's milk/ skimmed milk
- ½ cup oats
- Sugar or sugar-free as sweetening agent
- 3-4 finely grated almonds
- 5-7 rasins
- 1 tsp elaichi powder
- ¼ apple

Method

Roast oats and add milk and sugar. Cook till thick porridge is formed. Add apple. Garnish with almonds, raisins and elaichi powder.



Oats Bhel

1 cup puffed wheat
½ cup toasted rolled oats
 1 cup onion finely chopped
 1 tomato finely chopped
 1 small cucumber finely chopped
 1 small boiled potato finely chopped
 1 tsp coriander chutney
 1 tbsp dates chutney
 1 small green chilli finely chopped
 ½ tsp lemon juice
 Salt to taste

Method

Put all vegetables and green chilli in a large bowl. Add coriander leaves, chutneys, salt & lemon juice. Toss well to mix the ingredients. Just before serving, add puffed wheat and oats. Mix well and serve in individual bowls.

Mix Veg Soup

2 tbsp of cabbage finely chopped
 1 carrot chopped into small cubes
 1 potato finely chopped
 3 tomatoes finely chopped
 Salt to taste
 ½ tsp sugar (optional)
 ½ tsp pepper

1 tsp roasted oats flour (make paste by adding a little water)

Method

Dry roast chopped tomato. Add rest of the vegetables and 4 cups boiling water. Let it boil for about 5 minutes or till vegetables are tender. Add roasted oats flour paste and keep stirring until the soup comes to boil. Add salt, pepper and sugar (optional). Serve hot.

For making soup, corn flour can be replaced by roasted oats flour.

CE the REAL Nutritional Benefits in the CEREAL Oats for yourself !

