



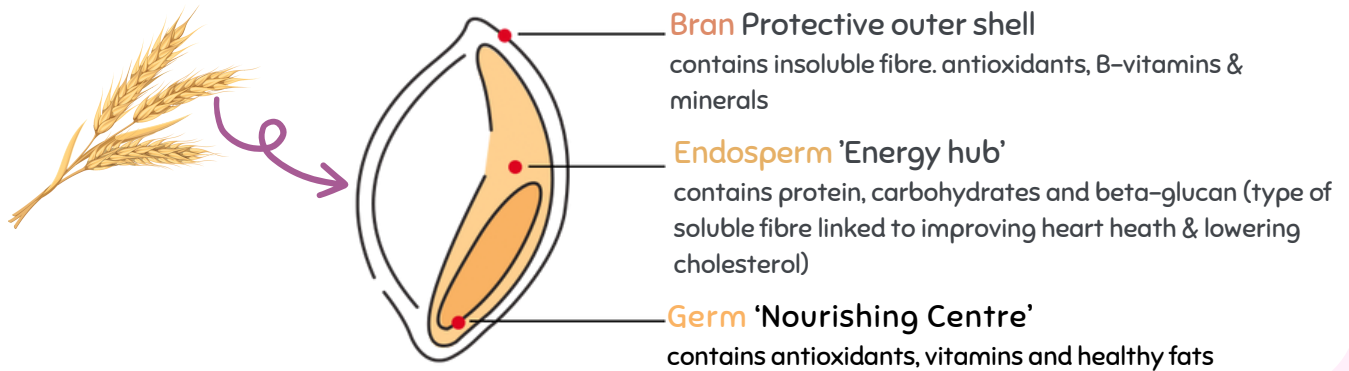
Ingredient Highlight: Oats



Ronald McDonald House Charities®
Greater Western Sydney

Oats are a Nutrient-Packed Superfood, Let get to know them better...

Oats are wholegrains made of three edible parts



Rolled vs. Quick



- | | |
|-------------------------|---------------------|
| ● Less Processed | ● Processed |
| ● Higher Fibre | ● Flavoured Sachets |
| ● High Protein | can have additional |
| ● Lower GI [^] | Sugar & Salt |

Both are versatile, affordable & nutritious

[^] Glycaemic Index - higher GI foods can raise your blood sugars.

Health Benefits

- ✓ Low Cholesterol
- ✓ Rich in Antioxidants
- ✓ Promote Fullness
- ✓ High Fibre
- ✓ Essential Vitamins & Minerals

1/2 cup of dry Rolled Oats equals 8g of dietary fibre!

Oats Everyday

Oats can often be used interchangeably in most baked goods & smoothies
For porridge & overnight oats - rolled oats are best



Recipe Ideas

- Easy Oat Cookies
- Carrot Cake Overnight Oats
- Classic Apple Crumble
- Chinese Style Savoury Rolled Oats

Scan QR code for these **oat recipes** & more **pantry staples**



Have any Ingredients you want highlighted next? Send them thru to programs.gws@rmhc.org.au