

Nutrition



Bites

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This recipe is high in carbohydrates, fiber (especially beta-glucan), and protein, B vitamins (like thiamin and pantothenic acid) and minerals, particularly manganese, phosphorus, and zinc.

Enjoy as breakfast or snack.

Newsletter Content is adapted from the following resources:

PEN Nutrition

Heart and stroke foundation

<https://wholegrainscouncil.org>

<https://oatcanada.com/>

<https://cerealscanada.ca/oats/>

Community Nutrition Newsletter

Cholesterol facts

Cholesterol is a waxy, fat-like substance found in the walls of cells in all parts of the body, from the nervous system, to the liver, to the heart. From the total cholesterol, 20% of cholesterol comes from diet and 80% made in the liver.

Cholesterol is important for many body functions: Helps body make cell membranes, many hormones and Vitamin D. Too much can build up in your blood vessels blocking the flow of blood to your heart. This may lead to heart disease and stroke.

The word cholesterol can be referred to: **Blood cholesterol** (found in the body, produced by your liver) and **Dietary cholesterol** (found in food)

There are two types of **blood cholesterol**:

LDL: carry cholesterol from liver to the rest of your body. It is called lousy cholesterol. Carries cholesterol from the liver to the rest of your body, where it is used for cell growth and repair. Leaves cholesterol in the walls of your arteries causing them to narrow over time. High levels can lead to heart disease

HDL: carries excess cholesterol back to the liver to be removed from the body. It is a healthy cholesterol. High levels are good for your heart.

Dietary Cholesterol: Cholesterol in food does **not** have as big an impact on your blood cholesterol as eating large amounts of saturated fat and Trans fat.

If you are healthy and eating a well balanced diet, you do not have to limit dietary cholesterol. Avoiding nutritious foods like eggs, lean meats and dairy products may deprive your body of nutrients you need for good health.

Dietary cholesterol is found mainly in foods of animal origin, such as meat, processed meats, and poultry with skin, organ meats, dairy products, egg yolks and certain types of shellfish.

Preventing high levels of cholesterol implies avoiding all processed food containing saturated and trans fats.

Recipe: Apricot and oat muffins

Makes: 12

Ingredients: $\frac{1}{2}$ cup (125 mL) whole-wheat flour, $\frac{1}{2}$ cup (125 mL) all-purpose flour, 1 cup (250 mL) rolled oats, 1 tsp (5 mL) baking powder, $\frac{1}{2}$ tsp (2 mL) baking soda, 1 large egg (or 2 egg whites), $\frac{1}{4}$ cup (50 mL) soft tub margarine or canola oil, $\frac{1}{2}$ cup (125 mL) lightly packed brown sugar, 1 cup (250 mL) plain non-fat yogurt, $\frac{1}{2}$ tsp (2 mL) almond or pure vanilla extract, $\frac{3}{4}$ cup (150 mL) finely chopped dried apricots, 12 whole almonds.

Directions:

- Preheat oven to 400°F/ 200°C.
- Line compartments of a muffin pan with paper liners (or spray with cooking spray). In a food processor fitted with the steel blade, combine flours, oats, baking powder, and baking soda; process for 5 seconds.
- Add egg, margarine, brown sugar, yogurt, and almond extract; process for 25 to 30 seconds or until smooth and blended. Stir in apricots with a rubber spatula.
- Scoop batter into prepared muffin pan, filling each compartment about two-thirds full. Top each muffin with one almond.
- Bake for 20 to 25 minutes or until tops are golden brown and spring back when lightly touched.

*This recipe is from "Noreen's Healthy Kitchen" (Whitecap) by Noreen Gilletz.
<https://www.diabetes.ca/nutrition---fitness/recipes/apricot-oat-muffins>*

What about Oats?

An "oat" is primarily a cereal grain (*Avena sativa*) grown for food for humans and animals, and its most often used in the plural form, "oats". An annual grass (*Avena sativa*) is cultivated in temperate regions for its edible seed. The grain of the oat plant is used as a food for both people and animals.

Oats date back about 32,000 years when wild oats were hand ground by Paleolithic hunter-gatherers. There are many wild oat species, but only four have been cultivated for today's use. The species *Avena sativa* is on grocery store shelves. *Avena byzantina* and *Avena strigosa* are for animal feed. *Avena abyssinica* is exclusive to Ethiopia.

Types of oats: Steel cut (Irish oatmeal), Scottish oats, Rolled oats (also known as old-fashioned oats), Quick oats, Instant oats, Oat flour and Oat bran.

Nutrients and functions of oats:

Fiber: oats are high in dietary fiber, particularly beta-glucan, a soluble fiber not found in other grains save barley, which has been shown to suppress appetite, keep you fuller longer and help promote gut health. Also excellent for digestive health and help regulate blood sugar levels, can help lower bad cholesterol and control blood pressure. Therefore, reduces the risk for developing heart disease.

Protein: Oats are a great source of plant-based protein essential for repairing and growing muscles.

Vitamins and Minerals: Rich in B vitamins like thiamine, which aids in energy metabolism, and minerals such as magnesium for muscle function, phosphorus for bone health, and zinc for immune support. All these vitamins and minerals are essential for the nervous system

Antioxidants: Oats are a good source of antioxidants like avenanthramides, which can help reduce inflammation and improve heart health.

Polyphenols: which have strong antioxidant, anti-itching and anti-inflammatory properties, potentially reducing the effects of chronic inflammation. Oats' anti-itching properties make them a popular ingredient in beauty products.

Let us make oats part of our diet, eating them at least 2 times per week.

DID YOU KNOW...? FACTS?

- Oats are one of the best sources of inositol (plant sterols), which helps maintain blood cholesterol.
- Naturally, gluten-free, oats are suitable for those with celiac disease or gluten intolerance, though cross-contamination risks should be considered.
- Pairing oatmeal with protein or healthy fats, such as nuts, seeds, or Greek yogurt, can slow digestion and keep blood sugar more stable.



Upcoming Program and Events

Weekly in person :
Prenatal Nutrition Program

Tuesday at 10 a.m.
At 222 Dixon

Wednesday at 10 a.m.
Thursdays at 10 a.m.
At 21 Panorama Crt

Monthly Spanish Senior group
teleconference
Third Thursday of the month

Call and book your appointment to see a
Dietitian/Nutritionist today!

We cover a wide range of conditions including: Healthy
Eating – Cholesterol – Low Iron – Weight Loss/Gain –
Celiac Disease – Kidney Stones – Picky Eaters – Sports
Nutrition – Vegetarianism – Osteoporosis and more.....

You don't need to have a Doctor's referral !

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