Goldilocks stole it from the three bears, botanists in the 1500’s have recommended it for cattle, and Charles Dickens’ Oliver Twist lived off of it. Despite its long history, oatmeal is making a comeback and for good reason.

### Spotlight on: Overnight Oats
Overnight oats are gaining popularity. HDT nutrition reporter Carly Harris uses the overnight method when she has a busy morning ahead. She suggests mixing oats with almond milk and leaving it in your micro-fridge overnight to soak up the nutty flavor. She loves the appealing cereal-like texture that powers her through her day.

### Food Fight: Oat Throwdown
Happiness is a warm bowl of oatmeal. But what type of oats should you eat? Let’s see how three common types compare:

<table>
<thead>
<tr>
<th>(Per 40 g)</th>
<th>Plain Steel Cut</th>
<th>Plain Old Fashioned</th>
<th>Plain Instant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>150</td>
<td>150</td>
<td>150</td>
</tr>
<tr>
<td>Fiber (g)</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Iron (%)</td>
<td>10</td>
<td>10</td>
<td>10</td>
</tr>
</tbody>
</table>

The nutritional profiles indicate a three-way tie! You can find old-fashioned oatmeal in the dining halls for breakfast.

### National Oatmeal Day
October 29th is National Oatmeal Day. Power up with some oatmeal for breakfast – or any meal for that matter – and share your oatmeal creations on our social media sites! Our favorite submission will win a prize and be featured on our pages!

### OATstanding Benefits
Next time you’re in the dining hall for breakfast, dress up your oatmeal with nuts and fresh or dried fruit and bask in the glory of receiving a myriad of health benefits.

- **Satiety**: Research has shown that oatmeal makes you feel fuller longer due to its high fiber content. It is rated number 1 for satiety among breakfast foods, which may aid in weight control.

- **Heart health**: Beta-glucan, the fiber in oatmeal, has been shown to help regulate blood sugar levels, control blood pressure, and carry excess cholesterol out of the body. A serving of oatmeal (1/2 cup) contains about a third of your daily need for this soluble fiber.

- **Fiber & Antioxidants**: The fiber in oatmeal may also help strengthen the immune system. Additionally, oats have antioxidant properties.

---

**Cereally, take a standing OATvation for oatmeal – it’s oat of this world!**

---

**Authored by:** Rebecca Tonnessen  
**Reviewed by:** Barbara Tangel, MS. RD, Dept of Nutritional Sciences  
**References:**  

**Questions?** Post on our Facebook (RU Healthy Dining Team) Twitter (@RUHDT), Instagram (@RU_HDT) or e-mail us at peggy@ru.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at http://food.rutgers.edu