

Discover More About the Extraordinary Oat!

Quaker Oats 101

Contrary to popular belief, all varieties of oats — Old Fashioned, Quick, Instant and Steel Cut — are 100% whole grain. And ounce per ounce, they provide the same amount of calories, fiber and nutrients. Where they differ is shape, texture and cook time, so here is everything you need to know to make your favorite variety of Quaker Oats.



Old Fashioned

These traditional rolled oats have a firm texture and cook in about 5 minutes on the stovetop or 2 ½ to 3 minutes in the microwave.



Quick

This variety of oats have a smooth texture and are rolled and cut so they cook in 1 minute on the stovetop or 1 ½ to 2 minutes in the microwave.



Instant

These oats have a soft texture and are cut even finer and cook faster — microwave for just 90 seconds.



Steel Cut

These oats are cut, not rolled, for a hearty texture and rich, nutty taste. Quaker Original Steel Cut Oats cook on the stovetop in about 25 to 30 minutes, while the Quick 3-Minute Steel Cut Oats are ready in just 3 minutes.

Nutritional Benefits of Oats

For more than 140 years, Quaker has been the leading expert in oats and has been dedicated to researching this powerful grain to understand all that it has to offer. To date, a multitude of nutrition and health benefits provided by the mighty oat have been uncovered through both Quaker funded and industry research.

Did you know that oats offer nutrition benefits including:



Heart Health:

Oatmeal was the first specific food to receive a health claim approved by the FDA. The claim is based on the cholesterol lowering benefits of the soluble fiber found in oats called beta-glucan. When part of a diet low in saturated fat and cholesterol, the soluble fiber beta-glucan may help reduce the risk of heart disease. Three grams daily are needed for this effect. A serving of rolled oats provides 2 grams. A serving of Quaker Oat Beverage provides .75 grams.



Digestive Health:

Oats are a good source of fiber which may help support a healthy digestive system¹.



Lasting Energy:

When consumed as a bowl of cooked oatmeal, the oat soluble fiber may help slow digestion, and the release of glucose into the blood stream, providing a slower supply of energy.

¹ Rose, D.J. (2014). Impact of whole grains on the gut microbiota: The next frontier for oats. British Journal of Nutrition, 112, S44–S49.

Discover More About the Extraordinary Oat!

Reimagine Oats in a New Way!

Get mOATivated to cook with this delicious super grain in new ways, anytime of day.

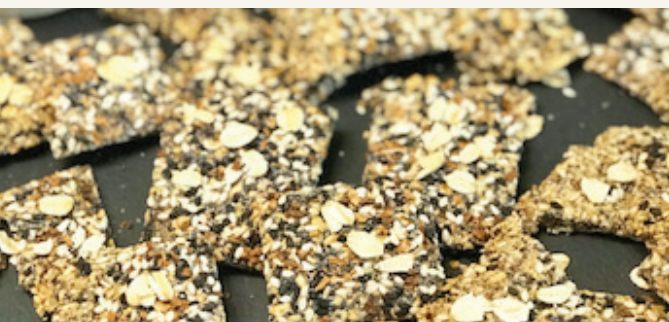


Overnight Oats

No time in the morning? Try overnight oats! Simply combine your preferred milk or non-dairy option of choice with Quaker Old Fashioned Oats and your favorite toppings in a sealed container. Let the mixture cold-steep in the fridge overnight and wake up to a cool hearty and nutritious breakfast option with no morning prep required. Check out Quaker Overnight Oats for an even easier option that can be prepped quickly the night before.

Smoothies

Add oats to your favorite morning smoothie for added whole grains.



On-the-Go Snacks

Use oats as a base for delicious sweet and savory on-the-go snacks, from energy bites and bars to crackers.

Savory

Upgrade your dinner game by putting a savory twist on traditional oatmeal for dinner. Try stirring spinach, tomatoes and mozzarella into your oatmeal, or top it with a poached egg, turkey bacon and shredded Parmesan.



QUAKER