



the
OAT
NUTRITION
REPORT

by Gwen Brown



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The Oat Nutrition Report was created to introduce, inspire, and demystify the different oat products that are on the market.

When I was a kid, we ate oats in three ways: as oatmeal, in granola bars, and as haystack no bake cookies. Through my years in the kitchen, I made many different recipes with oats- including homemade granola bars, meatloaf, and the no bake drop cookies from my childhood. I even learned to make oatmeal with steel cut oats- I thought I **knew** oats.

But two years ago, I was introduced to the lower glycemic health benefits of oats and a wider range of oat products and uses that had never even crossed my mind. I've had a great time creating and testing recipes that highlight this delicious and healthy grain. I am happy to share my research and recipes with you! I hope these pages inspire you to think about and use oats in a whole new way.

This Oat Nutrition Report contains a **visual cheat sheet** of the different oat products, as well as a **nutrition cheat sheet** with notes about each product. I've shared many of my oat inspired recipes on my blog, but this report contains an exclusive recipe- **my very favorite recipe for baked oatmeal**.

I love this because it has all of the nutrition of a bowl of oats, but it's more like an oatmeal cookie bar or cake texture. We love it, and I hope you enjoy it too.

Here's to your health and success in the kitchen!



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OAT CHEAT SHEET



1. oat groat
2. rolled oats

3. steel cut oats
4. oat flour

5. oat fiber (ground hulls)
6. oat bran

1. **whole oat kernels** are called "groats". They may look like wheat but they're lower in carbs, calories and gluten..
2. **rolled oats**: the whole grain that's steamed and smashed flat by a roller. Old fashioned rolled oats cook in about 5 minutes.
3. **steel cut oats**: aka Irish oats are groats that are cut in 2-3 pieces. It takes about 30 minutes to cook, and is a chewier textured oatmeal.
4. **oat flour**: ground whole grain oats or oatmeal. It's a great flour sub for muffins, cakes, and more.
5. **oat fiber**: ground hulls- while other forms of oats do contain healthy slow carbs, this form is non-digestible and is used as a flour sub in low carb baked goods. It's a dry powdery flour sub that does absorb quite a bit of liquid, and can be used to add moistness to recipes.
6. **oat bran**: the ground outer portion of the oat grain is the oat bran. It's high in fiber and also contains gluten. It's often made into a cereal or used to add fiber to smoothies and yogurt.

OAT NUTRITION CHEAT SHEET

One little grain, a whole lot of options! Seeing the nutrition information side by side helps me to better understand and choose the right form of oats for each use. Please note that I don't advocate using math to choose food, and that nutrition information is variable from one crop or brand to the next. Please see reference sheet for links to where I got the nutrition info. I like to print nutrition sheets and post in my cabinet or recipe binder for easy access.

TYPE	MADE FROM	AMOUNT	CALORIES	FATS/NET CARBS	FAT	TOTAL CARBS	FIBER	PROTEIN	NUTRIENTS & NOTES
oat groats, whole	The whole grain	1 cup, uncooked	607	11/86	11	103	17	26	
oats, rolled	The whole grain, steamed & flattened	1 cup, uncooked	307	5/48	5	56	8	11	Nutrition info for uncooked oats- cooking changes the available nutrients.
cooked oatmeal	1/2 cup dry oats cooked in water	1 cup	166	4/28	4	32	4	6	Serving size: around one cup cooked.
Irish or steel cut	The whole grain cut into coarse pieces	1/4 cup, uncooked	150	3/24	3	29	5	7	Serving size: around one cup cooked.
oat flour	Ground whole grain oats	1 cup	480	9/66	9	78	12	21	A soft pastry style flour that's great for quick breads, muffins, and cookies.
oat fiber	An insoluble (non-digestible & non-nutritive) fiber milled from oat hulls	1 cup	14	0/2.6	0	74	71.4	0	A very dry powdery flour sub that's essentially non-digestible. I like this better in a mix with other flours.
oat bran	The crushed hard outer layer or bran of the oat	1 cup	231	7/48	7	62	14	16	Bran is only slightly lower in carbs and higher in fiber than rolled oats. It's often used to add fiber to smoothies or as a cereal.

BAKED OATMEAL

by Gwen Brown

If you love warm oatmeal cookies, then I can almost guarantee that you'll be a fan of baked oatmeal. I've never loved the texture of boiled oats, but this variation has all of the great nutrition of a bowl of oats with the appeal of a warm cookie bar. We love it served with a dollop of Greek yogurt and some fresh berries.

Ingredients:

- 1 cup plain Greek yogurt
- 1 cup unsweetened almond milk
- 2 tablespoons butter, melted, optional*
- 1/2 cup applesauce
- 2/3 cup egg whites
- 1/4 cup sweetener or choice (Truvia, Sweet Blend, or other sugar sub)
- 1 teaspoon vanilla extract
- 3 cups old fashioned oats
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 1 1/2 teaspoons baking powder

Directions:

1. Preheat oven to 350*
2. Mix yogurt, milk, butter, applesauce, egg whites, sweetener, and vanilla extract.
3. Add in oats, cinnamon, salt & baking powder and stir until well combined.
4. Pour into 9x13 pan and bake for 40 minutes until center is set and edges are lightly browned.
5. Cut into 12 servings, and serve warm.

Nutrition info: 1/12th of pan has 15.8 net carbs and 4 grams of fat. *Omit butter to lower fat to 2 grams per serving.



Please Note:

Since digestive systems vary a lot from one person to the next, please be aware that not everyone has a lowered glycemic response to oats. It's my understanding that some people just cannot tolerate oats or oat products, and some do very well with them only in the morning or only in the evening. Please base your food choices on what your body responds well to for your best health!

Nutrition References:

1. [Whole oat groats](#)
2. [Rolled old fashioned oats](#)
3. [Cooked oats](#)
4. [Steel cut oats nutrition & serving size](#)
5. [Oat flour](#)
6. [Oat fiber production & nutrition](#) *
7. [Oat bran](#)

**I did math for you, which means I love you a BUNCH. But please feel free to double check my numbers!*

If Netrition's info is correct and there are 5.2 grams per tablespoon of oat fiber, then I calculated that there are 84 grams in a cup. I then converted the info on 100 grams from the Lacrossemilling nutrition sheet by multiplying it by .84 . That should give me the correct info on 84 grams for a cup of oat fiber.

Nutrition info for Baked Oatmeal:

I counted the nutrition info for 6 cups of cooked oats (which is the equivalent of 3 cups raw) plus the net carbs and fats in the butter, almond milk, yogurt, and applesauce, then divided my totals by 12.