

## Add Some Heart-healthy Oatmeal to Your Diet

A bowl of old-fashioned oatmeal might stir memories of your childhood. Maybe your mom or dad put a steaming bowl in front of you at breakfast time.

They may have said, "Try it. It's good for you."

Maybe you liked it; maybe you didn't.

Give oatmeal another try, especially during February, American Heart Month.

Oatmeal packages often have a picture of a heart on them or carry a health claim.

That's because oatmeal is good for heart health.



### Make Half Your Grains Whole

Oatmeal is a whole-grain food. We all need to try to make half of our grain choices whole-grain foods.

Oatmeal is rich in fiber. Oatmeal contains a type of fiber ("beta glucans") that may decrease your blood cholesterol level. Decreasing your blood cholesterol level can decrease your risk for heart disease.

### Consider These Tips:

- Use "quick" or "old-fashioned" oats for baking. Foods made with old-fashioned oats usually are chewier. Quick oats are cut smaller and cook more quickly. Do not use "instant" oatmeal in recipes unless the recipe calls for it.
- Add some dried fruit or sliced bananas to your bowl of oatmeal.
- Instead of cracker crumbs, add some oatmeal to meatball or meatloaf recipes.
- Enjoy fiber-rich oatmeal muffin, bread or cookie recipes.

### Did You Know?

Eating 1½ servings of cooked (½ cup uncooked) oatmeal daily has been shown to decrease blood cholesterol, especially in those with high blood cholesterol.



Visit [www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise) for more information.

This program is funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave. S.W., Washington, DC 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

I know we should eat more fruits and vegetables, but fresh fruits and vegetables are so expensive in the winter. Do you have any ideas?

Consider all forms of fruits and vegetables when you write your grocery list. Canned, dried, frozen and fresh fruits and vegetables all count toward the goal. Adults, on average, need about 2½ cups of vegetables and 2 cups of fruit per day.

Compare prices of the different forms. To save money, choose fresh fruits and vegetables that are “in season.” Seasonal produce is at its best quality and, usually, a lower price. These heart-healthy fresh fruits and vegetables are in season in February.

### Fruits

D’Anjou pears  
Kiwi  
Navel oranges  
Red grapefruit  
Tangerines

### Vegetables

Beets  
Broccoli  
Butternut squash  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Parsnips  
Sweet potatoes/yams  
Turnips



## February is American Heart Month

For more information about heart health, visit the American Heart Association Web site:

[www.americanheart.org](http://www.americanheart.org)

(click “Healthy Lifestyle” on the menu at the left side of the site).

Try this easy muffin recipe to add heart-healthy oat fiber to your breakfast or snacks.

## Heart-healthy Oatmeal-Fruit Muffins

1 egg  
1 c. milk  
⅓ c. oil (such as canola oil)  
1¼ c. flour  
1 c. oatmeal (uncooked)  
⅓ c. sugar  
1 tsp. baking powder  
1 tsp. salt  
½ c. raisins or dried cranberries  
Nonstick cooking spray or oil (to grease muffin cups)



Preheat oven to 400 degrees. Put the egg, milk and oil in a small mixing bowl. Slowly stir them together. In a large mixing bowl, add the flour, oatmeal, sugar, baking powder, salt and dried fruit. Stir until they are mixed.

Pour the egg-milk-oil mix into the medium bowl with the dry ingredients. Stir until the dry ingredients are barely moistened. Do not overmix (the batter should be lumpy). Spray with nonstick cooking spray or grease each cup in the muffin pans.

Fill the muffin cups half full with batter. Bake for 20 to 25 minutes or until the muffins are golden brown.

Makes 12 muffins. Each muffin has 180 calories, 7 grams (g) of fat, 27 g of carbohydrate and 1 g of fiber.

Julie Garden-Robinson, Food and Nutrition Specialist

Contact the local office of the  
NDSU Extension Service  
for more information  
on food and nutrition or  
managing your food dollar.

