

## Rolled oats, the "all-round healthy grain"

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**Have advantages with proteins:** About 12 g protein are contained in 100 g oatmeal - which makes them interesting not least for vegans. So that the body can use these proteins optimally, the best way to eat oatmeal is with milk products.

**Provide valuable nutrients:** Oatmeal is a nerve food because it contains large amounts of vitamins from the B group plus around 140 mg of magnesium per 100 g. Incidentally, this, together with the high protein content, also makes them ideal for athletes.

**Strengthen the bones:** In combination with around 470 mg of phosphorus, the magnesium in oatmeal ensures that bones become firmer and are better protected against breakage. This mineral mix is also very good for the teeth.

**Lowering the level of fat in the blood:** At 7 g (per 100 g), oatmeal contains a relatively large amount of fat, but this fat is mainly made up of valuable and healthy unsaturated fatty acids, which help, among other things, to lower high cholesterol levels.

**Have lots of fiber:** At around 10%, oatmeal contains a large portion of fiber that helps digestion.

The fiber contains beta-glucans, these soluble fibers can lower cholesterol levels and are also said to prevent some forms of cancer.