Oats are a cereal grain with many health benefits. Oats have the most protein of all cereals and have a form of fiber that lowers cholesterol in the blood and can reduce the risk of heart disease if eaten daily.

Oatmeal can be made from instant, quick cook, or regular rolled oats, which have different cooking times. Steel cut oats have not been rolled, so they require much longer cooking.

Oats do not naturally contain gluten, but may be contaminated with gluten during processing, so if you have celiac disease, only eat oats that are labeled “gluten-free”.

To cook one serving of regular rolled oats: Add 1/2 cup of oats to 1 cup of water, bring to a boil and simmer for 5 minutes. Add cinnamon, nutmeg or ginger to spice up your cereal. Top with cut fruit and/or yogurt.

Nutrition Nugget: Oatmeal

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La avena es un cereal con muchos beneficios para la salud. La avena tiene la mayor cantidad de proteína de todos los cereales y tiene un tipo de fibra que baja el colesterol en la sangre. Si come cada día, la avena puede reducir el riesgo de enfermedades del corazón.

La harina de avena se puede hacer de inmediato, cocción rápida, o copos de avena regulares, que tienen diferentes tiempos de cocción. Avena cortada de acero no se ha rodado, por lo que requieren más tiempo de cocción.

La avena naturalmente no tiene el gluten, pero puede estar contaminada con gluten durante el procesamiento. Si tiene la enfermedad celíaca, solo coma comida etiquetada “sin gluten”.

Para cocinar una porción de copos de avena regulares: Agregue 1/2 taza de avena a 1 taza de agua, lleve a ebullición y cocine a fuego lento durante 5 minutos. Añada la canela, la nuez moscada o jengibre para condimentar su cereal. Cubra con la fruta cortada y/o yogur.