

VIS Nutrition Tip: Oats

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Oats are considered one of our natural superfoods because they are particularly rich in nutrients.

Oats are a wholegrain and therefore packed with vitamins and minerals. Rich in low GI (Glycaemic Index) carbohydrate, oats provide lasting energy and keep you satisfied for longer. They are also a good source of fibre, important for digestive health. Plus they contain a type of soluble fibre called beta glucan which is beneficial for controlling cholesterol levels and heart health.

So start your day with an oaty breakfast - muesli, porridge or an oat based cereal are all good choices. Or why not make your own muesli bars, an oat based slice, some oat bran muffins or for a special treat this week, bake some Anzac biscuits.