

Study demonstrates oatmeal breakfast is linked to better diet quality among children



Children often underconsume fiber and micronutrients in whole grains.¹

According to the most recent dietary guidelines for Americans, children's whole grain intake is less than half the recommended amounts.

Research suggests eating breakfast could be linked to potential benefits for children:²



Memory



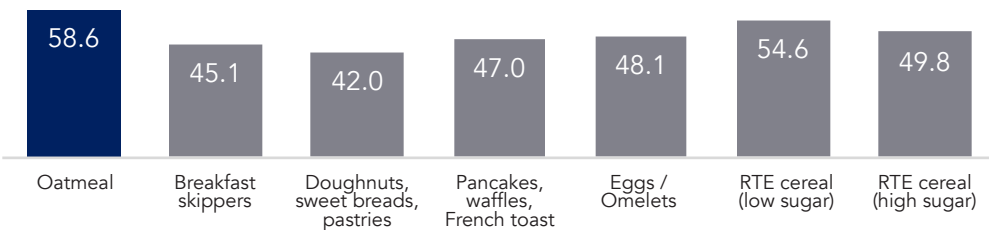
Test scores and school attendance



Overall nutrition

Our* recent analysis of NHANES data from 5,876 children (age 2–18) demonstrated that oatmeal-containing breakfast was associated with **better diet quality (HEI score) and higher intake of key food groups and nutrients** compared to other breakfasts.³

Total daily HEI score by breakfast type



* Study supported by PepsiCo

- Oatmeal consumers had higher diet quality scores because their breakfasts included more **whole grains**, fewer **refined grains** and fewer **added sugars** compared to other breakfasts.
- In many cases, children who ate oatmeal consumed more fiber and minerals compared to the children who consumed other breakfasts.

1. Scientific Report of the 2015 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Health and Human Services and the Secretary of Agriculture. Available online: <https://health.gov/dietaryguidelines/2015-scientific-report/pdfs/scientific-report-of-the-2015-dietaryguidelines-advisory-committee.pdf> (accessed on 15 June 2018).

2. Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast Habits, Nutritional Status, Body Weight, and Academic Performance in Children and Adolescents. *J Am Diet Assoc.* 2005 May;105(5):743-60

3. Fulgoni III VL, Brauchla M, Fleige L, Chu YF. Oatmeal-Containing Breakfast is Associated with Better Diet Quality and Higher Intake of Key Food Groups and Nutrients Compared to Other Breakfasts in Children. *Nutrients* 2019 Apr 27;11(5)

Explore all the oat possibilities

Children's diet quality can be improved with many types of oats. Each variety of Quaker Oats, no matter how they are cut — Old Fashioned, Quick, Instant and Steel Cut — are 100% whole grain and, ounce per ounce, they all provide similar amounts of fiber, vitamins and minerals. Where they differ is shape, texture and cook time.



Old Fashioned
Traditional rolled oats



Quick
Rolled thinner and cut to cook quicker



Instant
Cut finer to cook faster and have softer texture



Steel Cut
Cut, not rolled for hearty, chewy texture

Kid-friendly recipes



Blueberry banana overnight oats

Combine ½ cup Old Fashioned oats with ½ cup low fat milk, ½ cup blueberries, and ½ cup sliced banana. Refrigerate overnight. Enjoy chilled in the morning with toppings.



Oat berry smoothie

Place ¼ cup Instant or Quick oats, ½ cup low fat milk, ½ cup raspberries, and 1 frozen banana in a blender and mix until smooth.



Hot oatmeal made with milk

Cook ½ cup Old Fashioned oats with 1 cup low fat milk instead of water to increase protein, calcium, and vitamins A & D. This method also makes creamier tasting oatmeal.

Endless topping ideas:

- peanut butter + raisin • sliced apple + cinnamon + raisin
- dried apricot + almond butter • cocoa powder + nut butter
- sliced bananas + nut butter • cocoa powder + strawberries
- sliced peaches + lowfat yogurt

