

8 Senior Citizens Day

Containing high-fibre oat beta-glucan, Biogrow Oat BG22 Oat Bran Powder and Biogrow Oat BG22 Crispy Cereal contribute to a healthy diet.



For a healthy heart

DID you know that you need to consume about 100g of oatmeal or 500ml of milk with added plant sterols to obtain the claimed cholesterol-lowering benefits?

Many are unaware that such a large dietary portion is carbohydrate-rich and energy-dense, which could lead to weight gain and raise a person's risk of developing high blood glucose levels.

Diabetes sufferers are often advised by dietitians to monitor and be mindful of their total carbohydrate intake, including added sugar from processed foods and drinks, to achieve glycaemic control.

Most refined grains and cereal-based beverages in the market are highly processed with excessive milling and heat treatment, which partially or completely destroy the structure of the grains. This will substantially increase the digestibility of starch and its conversion into sugars in the gut. On the other hand, diabetics are highly encouraged to eat more high-fibre, unrefined foods and exercise more frequently.

Oat bran – the outer layer of a whole oat grain – is a rich source of the heart-healthy soluble fibre, oat beta-glucan, but not all oat bran products are produced equal.

The cholesterol-lowering and blood glucose-regulating effects of oat beta-glucans depend highly on their molecular weight, which is often destroyed by poor processing control.

More than just consuming the recommended 3g oat beta-glucan per day, we require highly bioactive oat beta-glucans to achieve the desired health benefits without compromising our blood glucose levels and energy balance.

Compared to breakfast cereals and instant oatmeal, each daily serving of Biogrow Oat BG22 Oat Bran Powder or Biogrow Oat BG22 Crispy Cereal provides the following benefits:

- Clinically proven bioactive oat beta-glucans, which have more than 20 published studies on their cholesterol-lowering and blood glucose-regulating effects
- Small, easy-to-serve daily portion of only two scoops (~ 18g) of oat bran powder or one packet (30g) of crispy oat cereal offers the recommended 3g oat beta-glucans
- Lower calories, less carbohydrates and a higher content of total fibre, iron, magnesium and zinc
- Very low amount of sodium and low glycemic index (GI) value, making it suitable for pre-diabetics and diabetics

This article is brought to you by Legosan (Malaysia) Sdn Bhd.

■ For more information, call 03-7956 2220 (Monday to Friday, 9am to 5pm) or e-mail info@biogrow.com.my.