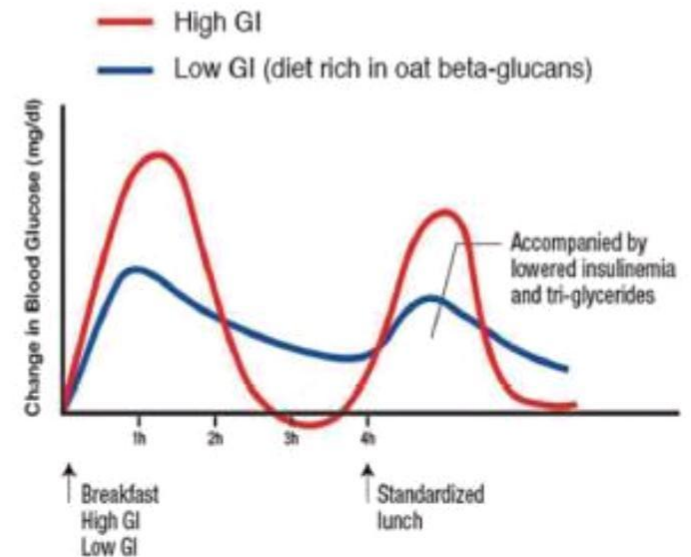


BODY, MIND & SOUL – INDULGE



*Graph provided by Prof. Jennie Brand-Miller, University of Sydney.

The impact of oat beta-glucan enriched breakfast extends to lunch with lower blood glucose and insulin levels.

Stay healthy with oat cereals

THE diet of Malaysians is packed with carbohydrates from starchy staples, trans fats and sugars from overly processed foods – making it difficult for one to get enough fibre and nutrition through diet.

Poor diet quality and sedentary lifestyles might have contributed to the high prevalence of metabolic disorders such as high blood cholesterol and hyperglycaemia in the country. According to European Society of Cardiology (ESC), carbohydrate digestion and absorption could be delayed by choosing foods with a low glycaemic index.

The Glycaemic Index (GI) allows identification of those with “fast” and “slow” absorption among car-

bohydrate-rich foods⁽¹⁾.

Most cereals available in the supermarkets are loaded with added sugars, low in fibre and are excessively processed, which destroy partially or completely the structure of whole grains.

This will substantially increase digestibility of starch and its rate of absorption in the digestive system, thus increasing its GI value^(2,3).

Daily intake of foods high in GI should be limited through portion size control. Oats, oat bran and oat cereals are rich sources of the heart-healthy soluble fibre – oat beta-glucans.

The cholesterol-lowering and blood glucose-regulating effects of

oat beta-glucan depend highly on its molecular weight, which is often destroyed by poor processing control^(3,4).

Experts recommend not only consuming 3g of oat beta-glucan per day, but also to take in oat beta-glucans that have high molecular weight and remain intact, in order to achieve the desired health benefits.

Compared to breakfast cereals and instant oatmeal, Biogrow Oat BG22 oat bran powder or Oat BG22 Crispy Cereal has these properties:

- > Provides clinically tested form of oat beta-glucans with more than 20 published scientific papers on

cholesterol-lowering and blood glucose-regulating effect⁽⁴⁾.

- > Are smaller, providing easy-to-serve daily portion sizes with only two scoops (around 18g) oat bran powder or one packet (30g) crispy oat cereals for the required 3g oat beta-glucan.

- > Have lower calories and higher total fibre per serving.

- > Are laboratory-tested low in GI, suitable for both diabetic and pre-diabetic individuals.

Enjoying healthy foods and being physically active are important for everyone.

Low-GI, high-fibre oat beta-glucan Biogrow Oat BG22 should

be made as part of everyone's daily diet.

References

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