

## Say Life! TV - Sky 4 TV

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*“Complement your health every day with smart food choices.”*

Title: Complement Your Health with Fiber

Everyone likes a compliment, right? So let's think positively and look at how we can complement our diet with smart food choices.

Today we are making: **Chocolate Brownie Batter Overnight Oats**

**Servings: 1**

**Ingredients:**

1/2 cup Old-Fashioned oats

1 cup unsweetened almond milk

2 T unsweetened cocoa powder

1 T chia seeds (loaded with fiber and healthy Omega-3's)

1/2 tsp cinnamon

2 T maple syrup (or to taste)

Assorted toppings: cacao nibs, chocolate chips, fresh fruit, toasted pecans

**Directions:**

Place oats in the bottom of a clean jar.

Add all dry ingredients on top.

Pour milk on top and close with lid.

Shake vigorously to mix.

Let sit overnight in refrigerator, or take with you on the go and it is ready in 30 minutes.

Serve either cold or warm with toppings of choice.

Discussion:

While we are preparing our jars, I want to discuss how fiber complements our health! Everyone needs to get the recommended amount of dietary fiber each day. In general adults need to get between 20-35 grams of fiber each day and most of us are only getting 10-15 grams.

Fiber is important to digestion and regularity, weight management, blood sugar regulation, cholesterol maintenance and more. Plant-based fiber is a carbohydrate, but unlike other carbohydrates, it cannot be broken down through digestion into sugar molecules. This is important as it keeps insulin stays more stable.

Most plant-based foods contain both soluble and insoluble fiber in varying amounts. Our oats we're making today are a good source of both.

Soluble fiber is so important as it helps to eliminate bad cholesterol from our bodies. When we eat soluble fiber, it becomes gel-like and the cholesterol attaches to it so we can move excess cholesterol out of our bodies.

Insoluble fiber does not dissolve which helps to form bulk in our gastrointestinal tract so that we can eliminate waste and help promote digestive system health.

Let's look at the display of the varying types of oat processing. Remember choosing whole foods in it's most natural state is always the best for optimal nutrition. Always read the labels and look for the fiber content in a serving when choosing.

Display: 5 small bowls of different oats

The main difference is shape, texture and cooking times.

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1. Oat Groats: whole food, has had the husk removed but the bran remains, thus they take a longer time to cook - around an hour. In one serving, about 1 cup cooked, there are around 4 grams of total fiber, 2 of which are soluble.
2. Steel Cut Oats: basically the same as groats, only each grain has been sliced into smaller pieces. This helps to speed up the cooking time a bit, about 20 minutes, but retains the chewy texture and nutty flavor. The fiber content is the same as whole groats.
3. Old-Fashioned Oats: flattened grains, firm texture and cook in 5 minutes. Same fiber content as groats and steel cut.
4. Instant Oatmeal: thin and finely chopped, soft texture and cook in 1-2 minutes. A bit less fiber at 3 grams. *Watch sugar content of pre-packaged mix-ins!* Get plain and control your own toppings.
5. Plain Circle O's Cereal: Processed and reshaped, needs no cooking. Adds crunch to trail mix and softens with milk. Lowest fiber like instant oats at 3 grams. Only 1 g of sugar, though milk and added sugar need to be considered.

As you can see, each of these oats contain some amount of fiber, depending on the processing. Choose which is best for you to optimize your health. And as always, consult with your healthcare provider for your specific healthcare needs.

Our oats are ready! We can set these aside to do their magic. I have jars that I made overnight that we can taste today. You can see it all came together and has a beautiful texture. It's all of that good fiber!

Let's dish it up, top it off and enjoy!

Equipment: bowls, spoons, fruit, nuts, milk

Take the time to *complement* yourself because you deserve it!