

5 POWERFUL WAYS OATS BOOST YOUR HEALTH

A **TASTY**, budget-friendly, **NUTRIENT-PACKED** staple for the **WHOLE FAMILY**.

1 HAPPY, HEALTHY GUT

Fibre keeps you regular & feeds healthy gut bacteria



RECIPE



RECIPE

5 STEADY ENERGY

Slow digesting carbs to prevent sugar crashes

4 HEART HEALTH HERO

Beta-glucan fibre, magnesium, & antioxidants support heart health



RECIPE

2 STAY FULLER LONGER

Fibre to boost fullness hormones plus slow digestion



RECIPE



RECIPE

3 IRON POWER

Just $\frac{1}{3}$ cup uncooked oats = 8% daily iron needs

FOR DELICIOUS RECIPES, VISIT [OATSEVERYDAY.COM](https://oatseveryday.com)

