



Healthy Grains
Culinary Class with Chef Lisa Fidler
April 2, 2014

Overnight Oats

Basic Recipe (no Yogurt)

1/3 cup rolled oats
1/4 cup milk
1/2 banana
1/2 tbsp chia seeds
Pinch salt
Pinch cinnamon

Directions

Stir everything together in a bowl. Place in fridge overnight. In the morning top with something crunchy and something with healthy fats – like nut butter or nuts.

A Berry Version

2/3 cup oats
2/3 cup coconut milk (or almond milk)
1 tablespoon blueberry jam
fresh or frozen berries for the top

The night before combine the first three ingredients in a small jar. Give it a good shake with the lid on. Place in the refrigerator. This variation isn't very sweet, the only sugar being whatever is in your particular blueberry jam (you could use any fruit jam you prefer).

Nutty Nanner

2/3 cup oats
2/3 cup whole milk (skim or 2% is fine too)
1/8 teaspoon vanilla extract
1 tablespoon pure maple syrup
banana slices and chopped pecans

The night before combine the first four ingredients in a small jar. Give it a good shake with the lid on. Place in the refrigerator. Top with bananas and pecans the next morning just before eating.

10 reasons to add chia seeds to your diet:

Combat Diabetes

Chia is being studied as a potential natural treatment for type-2 diabetes because of its ability to slow down digestion. The gelatinous coating chia seeds develops when exposed to liquids-can also prevent blood sugar spikes.

Get More Fiber

Just a 28-gram or one-ounce serving of chia has 11 grams of dietary fiber — about a third of the recommended daily intake for adults. Adding some chia to your diet is an easy way to make sure you're getting a good amount of fiber, which is important for digestive health.

Stock Up On Omega-3

Chia seeds are packed with omega-3 fatty acids, with nearly five grams in a one-ounce serving. These fats are important for brain health. "There's better conversion of omega 3s into the plasma or into the food than with flax seed," said researcher Wayne Coates.

Stronger Teeth & Bones

A serving of chia seeds has 18 per cent of the recommended daily intake for calcium, which puts your well on your way to maintaining bone and oral health, and preventing osteoporosis.

Don't Forget Manganese

Manganese isn't a well-known nutrient, but it's important for our health:

it's good for your bones and helps your body use other essential nutrients like biotin and thiamin. One serving of chia seeds, or 28 grams, has 30 per cent of your recommended intake of this mineral.

Plenty of Phosphorus

With 27 per cent of your daily value for phosphorus, chia seeds also help you maintain healthy bones and teeth. Phosphorus is also used by the body to synthesize protein for cell and tissue growth and repair.

Pack In the Protein

Chia seeds also make a great source of protein for vegetarians and don't have any cholesterol. One 28-gram serving of these super seeds has 4.4 grams of protein, nearly 10 per cent of the daily value.

Fight Belly Fat

Chia's stabilizing effect on blood sugar also fights insulin resistance which can be tied to an increase in belly fat, according to Live Strong.

This type of resistance can also be harmful for your overall health.

Get Full. Faster

Tryptophan, an amino acid found in turkey, is also found in chia seeds.

While tryptophan is responsible for that strong urge to nap after a big Thanksgiving dinner for example, it also helps regulate appetite, sleep and improve mood.

Improve Heart Health

According to the Cleveland Clinic, chia seeds have been shown to improve blood pressure in diabetics, and may also increase healthy cholesterol while lowering total, LDL, and triglyceride cholesterol. All good news for your ticker!

Whole Grain Oats

Old-fashioned oats are a whole grain food. According to Mayo Clinic, consumption of whole grains has been linked to a reduced risk of diabetes, heart disease and some forms of cancer. The 2010 Dietary Guidelines for Americans recommends that at least half of the grains you eat should be whole grains.

Fiber-Rich Oats

Oats are high in fiber, containing 5 grams of fiber in a half-cup serving. Most adults should get 20 to 35 grams of fiber per day. Insoluble fiber helps with digestion and prevents constipation. Foods high in soluble fiber may help reduce the risk of heart disease and diabetes and may improve the health of people who already have these conditions. Old-fashioned oats contain both soluble and insoluble fiber, so you get the benefits associated with both types.

Oats and Cholesterol

A 2011 review of multiple research studies published in the journal *Nutrition Review* found that the soluble fiber beta-glucan, which is unique to oats, is associated with a 5 percent reduction in total cholesterol and a 7 percent reduction in LDL cholesterol, the type associated with heart disease. Because of this association, the FDA recognizes beta-glucan as a food component that may reduce the risk of coronary heart disease.

Oats and the Glycemic Response

A 2005 study in the "European Journal of Clinical Nutrition" found that the fiber from oats improved the metabolism of glucose and provided a more favorable insulin response than the fiber from barley. Better glucose metabolism and insulin response may reduce the risk of diabetes and help prevent obesity. However, more research is needed on the impact of oats on these conditions.