

Oats & Glucose

Oats are a whole grain and can be a part of a well-balanced lifestyle. Type, method of prep, and mix-ins can all impact your glucose differently.

Types of Oats

Instant

- Pieces of the grain steamed and flattened a lot.
- Soft texture with shortest cook time.
- Biggest impact on glucose for most people.

Old Fashioned

- Whole pieces of the grain steamed and flattened.
- Middle ground on chewiness, flavor, and cook time.
- Moderate impact on glucose for most people.

Steel Cut

- Whole pieces of the grain chopped into pieces.
- Course, chewy texture with longest cook time.
- Lowest impact on glucose for most people.

Nutrients That Help Us

Protein

The protein in oats helps keep us full and promotes a better glucose response.

Beta Glucan

Beta glucan is a type of fiber connected with better glucose control and lower LDL levels. This fiber is a carbohydrate but it doesn't lead to an increase in glucose. Instead, it slows down digestion which means a lower and slower glucose increase after your meal.

Resistant Starch

Oats naturally have resistant starch. Resistant starch does not increase glucose, even though it's a carbohydrate. Uncooked oats have more resistant starch, so overnight oats could lead to a lower glucose curve than cooked oats.

How to Balance Oats

Base

Using steel cut or old fashioned oats will have a better glucose response than instant.

Liquid

Using water or plain, unsweetened almond, cashew, or coconut milk will have a lower total carbohydrate content than cow's milk or soy milk, but these alternative milks have less protein than cow's milk or soy. Coffee is a fun option too and doesn't add extra carbohydrates. You can also use Greek yogurt + liquid to add more protein and a tart taste.

Mix-Ins/Toppings

Try choosing options with fiber and/or protein to help manage your glucose. Try nuts, unsweetened nut butters or peanut butter, fruits without added sugar, chia seeds, ground flax seed, or other seeds, or a serving of unsweetened coconut.

super yummy!

Ideas for Making Balanced Oats

- Frozen blueberries + sliced almonds + cinnamon
- Smashed strawberries + unsweetened peanut butter + chia seeds (extra liquid may be needed)
- Pumpkin puree + walnuts or pecans + cinnamon or pumpkin pie spice (I add just a ½ tsp maple syrup to this sometimes if I'm eating for a snack midday. It's a perfect fall vibe to me.)
- Peaches + pecans + ground ginger + cinnamon (this one is better with a creamy milk base. Use your preferred milk product!)
- Unsweetened peanut butter + plain Greek yogurt + serving of dark chocolate pieces/chips
- Cheddar cheese + leftover cooked broccoli, cauliflower, zucchini, etc.
- Salsa + black beans + pepper jack cheese
- Nutritional yeast + hummus of choice + leftover roasted veggies (roasted bell peppers and onions work great!)