



Quick Byte

[FOOD COURT]

Texture— There's the Rub

When it comes to oat-preparation styles, what's in a grain?



A bowl of oatmeal a day may keep heart disease away because of its high-soluble fiber content and other nutrient properties. The grocery store shelves are stocked with various varieties of this popular hot cereal, but is there a nutritional difference between

the oats?

We compared Quaker's steel-cut oats to Old Fashioned Quaker Oats, which are made with rolled oats and have about a 5-minute cook time.

Which type would you predict boasts the most soluble fiber and nutrients?

Verdict

Steel-cut oats have been recently labeled as the healthy oatmeal choice, but the reality is they have just as much soluble fiber and nutrients as Old Fashioned Quaker Oats. Rolled oats are steamed, rolled and toasted, unlike steel-cut oats, which are chopped by a steel blade, but the methodologies result in no nutritional difference between

the two types. Each 40-gram serving has 150 calories and 4 grams of fiber, with 2 grams of soluble fiber and an equal amount of nutrients. Some prefer the steel-cut oats for their crunchy texture and nutty flavor. But the finer the oats, the less time they take to cook, which may be why others prefer the convenience of rolled oats.

Christine H. Haas is a certified NASM personal trainer and a licensed nutritionist. Visit her website at www.nuweights.com.

Everyone talks about how bad carbs are. If I don't eat some kind of carb (bread, potatoes, rice), it doesn't feel like a complete meal. What can I substitute it with?

—Fairfax

Carbohydrates are not bad; it's about eating the right kind, and the right amount. In fact, certain varieties of them should be present at every meal. Fruits, dairy and starches are the three good sources of carbohydrates. Half of your starches should be whole grains (i.e., brown rice, whole-wheat pasta).

Quick Byte is an excerpt from Well Bent, fitness pro Christine Haas's weekly live wellness chat, online every Thursday at 2 p.m. Get answers to your wellness queries at www.northernvirginiamag.com/health_beauty/well_bent.html.



COURTESY OF QUAKER (OATMEALS); JONATHAN TIMMES (HAAS)

[CALORIES]

Consumer's Calculator

Ever wanted to know how many calories you need to consume to reach your weight goal? The metabolism test by MedGem™ is an FDA-approved handheld device that can accurately measure how many calories your body burns each day.

The test requires about 10 minutes and is usually administered by a nutritionist or other health professional in a healthcare or gym setting. By simply breathing through the MedGem™ device, it informs you of the amount of calories you need to maintain your weight at rest.

Based on the reading, your health professional can design an individualized nutrition and exercise plan to fit your unique calorie budget. There is very little preparation needed for the test, but for best results, test-takers should avoid exercise, caffeine, food and drinks other than water for up to four hours beforehand.

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