



# Eat Well!

A Newsletter for Healthy Eating

## Oatmeal

By Kate Yerxa, Extension Educator



**Spring  
2014**

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**G**rain foods are a key part of a healthy diet. Grain foods are made from wheat, rice, oats, cornmeal, barley or another cereal grain.

Grains provide fiber, B vitamins and energy in our diet. Whole grains can help prevent heart disease and help you achieve and maintain a healthy weight. Grains are the edible seeds of a plant. Oatmeal is the seed of the oat plant. Oatmeal is a delicious and versatile grain food, most commonly eaten for breakfast. Oatmeal is available in many forms and the different types require different cooking times.

**Whole oat groats** are the whole oat with the outer hull removed. Oat groats have a nuttier flavor

than other oats. Oat groats are usually used to make hot breakfast cereal.

**Steel-cut oats** are oat groats that have been cut into two or three pieces, but have not been rolled (or flattened). Steel-cut oats have a nutty flavor like oat groats.

**Rolled oats** or old-fashioned oats, are oat groats that have been steamed and then rolled into flakes.

**Instant or quick oats** are steel-cut oats that have been steamed for a longer amount of time than rolled oats and then rolled into flakes.

Instant oats are the type of oats most people consume as hot cereal. Instant oats are an inexpensive whole grain at just \$.12 per ½ cup of dry oats.

*Continued on page 2*



**Looking for ways to save money on food?** The *Eat Well!* newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the *Eat Well* newsletter to find great tips to save money on food. **SAVE MONEY.**

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To make oats ahead of time, cook a larger quantity of oats (2 cups dry oats) and store in the refrigerator for up to 4 days. To reheat oats, put in microwave oven for 30 seconds to 1 minute.

In the table below are cooking instructions for four different types of oats. One cup of dry oatmeal will make two cups of cooked oatmeal, or four half-cup servings.

| TYPE OF OATS   | AMOUNT OF OATS | WATER  | COOKING INSTRUCTIONS   |
|----------------|----------------|--------|--|
| Instant Oats   | 1 cup          | 2 cups | Bring water to a boil, add oats, stir and simmer for 3 to 5 minutes.   |
| Rolled Oats    | 1 cup          | 2 cups | Bring water to a boil, add oats, stir and simmer for 10 minutes.   |
| Steel-Cut Oats | 1 cup          | 2 cups | Bring water to a boil, add oats and stir to combine. Simmer for 20 to 30 minutes.                                  |
| Oat Groats     | 1 cup          | 3 cups | Combine oat groats with water and bring to a boil. Stir, cover and simmer for 50 to 60 minutes. Stir occasionally. |

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## Food Safety Corner

### The Freshness Test: Tips on Food Product Dating

By Kathy Savoie, Extension Educator

Many products have open dating, which provides information on freshness in several ways:

The "**Sell-By**" date tells you the last day the product should be sold or should be taken off the shelves by the grocery stores. You should buy the product before the date expires. This type of dating is used on foods such as milk, cheese, and packaged meats.

The "**Best if Used By**" date is recommended for best flavor or quality. It is not a purchase or safety date. This type of dating is used on bakery goods and packages cereals. The date is

the last day the product can be expected to be at its peak quality. Then it may lose some of its freshness but will still be acceptable for eating.

The "**Use-By**" date, usually on refrigerated products, is the last date food should be eaten or used. Food preparation from products used after the expiration date may be unsatisfactory in eating quality.

The "**Closed or coded**" dates are packing numbers for use by the manufacturer to rotate their stock as well as locate their products in the event of a food recall.



# Kid's Korner

## Oatmeal, Strawberry, Banana Smoothie

*Try this delicious and nutritional oatmeal smoothie!*

### Ingredients

- 1 frozen banana
- ¼ cup old-fashioned rolled oats
- 1 container (6-ounce) nonfat vanilla yogurt
- 1 cup skim milk
- ½ tsp cinnamon
- ½ cup frozen strawberries

### Directions

1. To freeze banana: peel banana, cut into chunks and freeze overnight or at least four to five hours.
2. Blend the old-fashioned rolled oats in a dry blender until it becomes a powder.
3. Add the yogurt, milk, and cinnamon to the oatmeal powder and blend together.
4. Add the frozen strawberries and the frozen banana to the blender.
5. Blend until smooth.
6. Enjoy!

Makes 3 servings Serving size: 8 fl. oz.

Cost per recipe: \$1.50 Cost per serving: \$.50

### Nutrition Facts

Serving Size 8 fluid ounces (208g)  
Servings Per Container 3

**Amount Per Serving**

**Calories 150**      **Calories from Fat 5**

**% Daily Value\***

**Total Fat 0.5g**      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 5mg**      **2%**

**Sodium 80mg**      **3%**

**Total Carbohydrate 30g**      **10%**

Dietary Fiber 2g      **8%**

Sugars 20g

**Protein 8g**

Vitamin A 6%      • Vitamin C 20%

Calcium 25%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



# Ask Eat Well!

## Chris Finemore

Community Education Assistant, Aroostook County



Chris Finemore has worked with the University of Maine Cooperative Extension's Eat Well Nutrition Education Program in Aroostook County since 1991. Chris and her husband live in Bridgewater where she enjoys spending time with family, especially her two grandchildren. Chris' other interests are kayaking, gardening, being outdoors, quilting and crafting.

### Q. What else can I use oatmeal for, other than just breakfast?

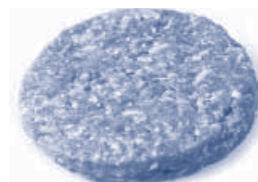
**A.** Oatmeal is not just a breakfast food. It provides essential dietary fiber when added to a variety of foods. Try adding old-fashioned, quick or ground oatmeal to recipes:

- **Bread** - replace up to one quarter of the flour called for with old-fashioned or quick oats.

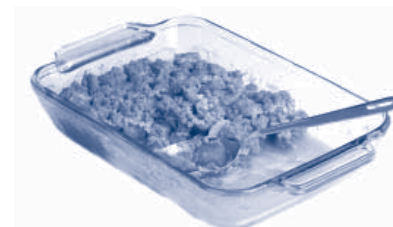


- **Smoothies** - sprinkle a teaspoon or two of ground oats into your favorite smoothie recipe.

- **Meatloaf or burgers** - add  $\frac{3}{4}$  cup to one pound of lean ground beef or turkey before shaping.



- **Fruit crisp topping** - combine  $\frac{1}{2}$  cup oats,  $\frac{1}{2}$  cup whole wheat flour,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  teaspoon cinnamon and  $\frac{1}{4}$  teaspoon nutmeg with 3 tablespoons margarine and sprinkle over 4 to 5 cups of cut up fruit (fresh or frozen). Bake at 350°F for about 40 minutes.



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# Food Bites

## Make Your Own Instant Oatmeal Packets

By Kate Yerxa, Extension Educator

Buying premade packets of instant oatmeal is convenient when you are on the go, but making your own instant oatmeal packets can save you money while making a healthy breakfast.

Prepared single-serve portions of oatmeal cost \$.20 per uncooked half-cup oatmeal, while making your own cost only \$.12 per packet.



1. Start with:
  - ½ cup instant or quick oats in a plastic snack or sandwich bag.
2. Add flavoring option to oatmeal:

### Apple Cinnamon Oatmeal

- 1 teaspoon of sugar
- ¼ teaspoon cinnamon
- 2 tablespoons chopped, dried apples

### Cinnamon Raisin Oatmeal

- 2 teaspoons packed brown sugar
- ¼ teaspoon cinnamon
- 2 tablespoons raisins

### Cocoa Oatmeal

- 1 teaspoon baking cocoa and 1 teaspoon sugar
- or
- 2 teaspoons “quick-type” chocolate drink powder

3. Close bag and store for future use.
4. When ready to use:
  - A. Empty packet into a microwave-safe bowl.
  - B. Stir in 1 cup water or skim milk.
  - C. Microwave on high for 2 ½ to 3 minutes.
  - D. Stir before serving and enjoy!

Makes 1 serving Serving size: 1 packet Cost per packet: \$.12

### Nutrition Facts\*

Serving Size 1 packet (279g)  
Servings Per Container 1

Amount Per Serving

**Calories** 170      **Calories from Fat** 25

% Daily Value\*

**Total Fat** 3g      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 10mg      **0%**

**Total Carbohydrate** 29g      **10%**

Dietary Fiber 5g      **20%**

Sugars 2g

**Protein** 6g

Vitamin A 0%      • Vitamin C 0%

Calcium 4%      • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

\*Does not include flavoring options.  
If prepared with skim milk, calories are increased as well.







## Quick and Easy Eat Well Recipe Rhubarb Crisp



### Ingredients

- ½ cup sugar
- 3 tablespoons cornstarch
- 3 cups sliced fresh rhubarb or frozen rhubarb, thawed\*
- 2 cups sliced, peeled apples or sliced strawberries
- 1 cup quick-cooking or old-fashioned oats
- ½ cup packed brown sugar
- ⅓ cup butter, melted
- ⅓ cup all-purpose flour
- 1 teaspoon cinnamon

### Directions

1. In a large bowl, combine sugar and cornstarch. Add rhubarb and apples or strawberries; toss to coat. Spoon mixture into an 8-inch square baking dish.
2. In a small bowl, combine the oats, brown sugar, butter, flour and cinnamon until the mixture resembles coarse crumbs. Sprinkle over fruit.
3. Bake at 350° for 45 minutes or until bubbly and fruit is tender.

\*If using frozen rhubarb, measure rhubarb while still frozen, then thaw completely. Drain in a colander, but do not press liquid out.

Servings: 8    Serving size: ½ cup    Cost per recipe: \$2.64    Cost per serving: \$.33

### Nutrition Facts

|  |                              |
|--|------------------------------|
| Serving Size 1/2 Cup (128g)  |                              |
| Servings Per Container 8   |                              |
| Amount Per Serving   |                              |
| <b>Calories</b> 240  | Calories from Fat 50         |
| % Daily Value*   |                              |
| <b>Total Fat</b> 6g  | <b>9%</b>                    |
| Saturated Fat 3g   | <b>15%</b>                   |
| Trans Fat 0g   |                              |
| <b>Cholesterol</b> 10mg  | <b>3%</b>                    |
| <b>Sodium</b> 10mg   | <b>0%</b>                    |
| <b>Total Carbohydrate</b> 46g  | <b>15%</b>                   |
| Dietary Fiber 3g   | <b>12%</b>                   |
| Sugars 30g   |                              |
| <b>Protein</b> 3g  |                              |
| Vitamin A 4%   | • Vitamin C 8%               |
| Calcium 6%   | • Iron 6%                    |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                              |
|  | Calories: 2,000    2,500     |
| Total Fat  | Less than 65g    80g         |
| Saturated Fat  | Less than 20g    25g         |
| Cholesterol  | Less than 300mg    300mg     |
| Sodium   | Less than 2,400mg    2,400mg |
| Total Carbohydrate   | 300g    375g                 |
| Dietary Fiber  | 25g    30g                   |
| Calories per gram:   |                              |
| Fat 9 • Carbohydrate 4 • Protein 4   |                              |