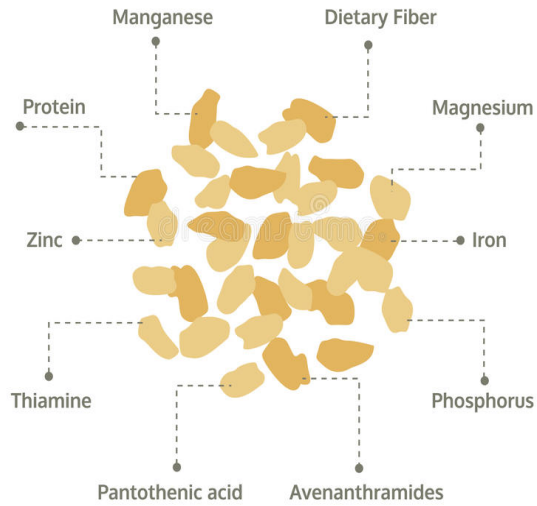


Show Your **Heart** Some Love with: Oats



Benefits:

- *Helps Lower Cholesterol
- *Improves Digestion
- *Keeps Blood Sugar Balanced
- *Rich in Fiber and Protein
- *Contains Antioxidants
- *3g Daily of Oat Soluble Fiber may help lower risk of heart disease



Serving Size of Oats:



1/2 Cup Dry Whole Grain Oats = 1 Serving Size

Incorporate Oats into Your Diet:

*Pair with Yogurt & Fruit *Add to Smoothies *Choose Oat-based Cereals *Mix a Cup in Muffin/Pancake Mix *Use in Replacement of Other Grains, pick oat-flour based breads

Blueberry Oat Smoothie



- 1 1/2 cups almond milk
- 1/4 cup oats
- 1 1/2 cups frozen blueberries
- 1 1/2 cup frozen bananas
- 2 tbsp. almond butter

Need help with heart-healthy eating, weight loss or just general nutrition?

Book a visit with our nutritionist, Dafna Chazin, by contacting our call center or the front desk.