A powerful combination

This educational resource is intended for healthcare professionals.
OATS + DAIRY = BETTER TOGETHER

Dairy products and oats contain important nutrients that contribute to health and wellness. The concept of “pairing” is not new. Whether it’s pairing foods to create a balanced meal or pairing wine with a favorite cheese, nutrition experts know that food combinations can enhance the flavor and nutrition of meals, and, ultimately, help meet health and wellness goals.

Oats and dairy are an ideal pair. From oatmeal made with milk to a yogurt and granola parfait, pairing oats with dairy foods helps:

FILL FOOD & NUTRIENT GAPS: People aren’t meeting the recommendations for whole grains or dairy foods.1,2 Eating low-fat and fat-free milk, cheese and yogurt, along with oat-based products, such as oatmeal and oat bars, can help to close these food gaps and provides key nutrients to the diet.

BRIDGE THE BREAKFAST BARRIER: Eating breakfast is linked to a healthier body weight, better nutrition and better school performance.4 Yet, many people skip breakfast. A combination of oats and dairy foods in the morning is an easy way to help ensure a nutritious start to the day.

MAKE GOOD NUTRITION SIMPLE: Oats and dairy foods have long been meal-time favorites. Enjoying them together creates affordable, delicious and nutritious meal solutions for the whole family.

“The increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt and cheese...”
“Consume at least half of all grains as whole grains.”

— 2010 Dietary Guidelines for Americans
Powerful partners, oats and dairy help fill food and nutrient gaps, may provide important health benefits, and are a simple and delicious option – for breakfast and beyond.

Nutrition and Health

Tremendous nutrition power can come from including oats and low-fat and fat-free dairy foods in a healthy diet. The Dietary Guidelines for Americans state that moderate evidence indicates intake of whole grains may reduce the risk of cardiovascular disease and is associated with lower body weight. It also states that moderate evidence indicates intake of milk and milk products is linked with improved bone health, especially in children and adolescents, and reduced risk of cardiovascular disease and type 2 diabetes.

A Simple and Delicious Way to Help Fill Food and Nutrient Gaps

Try these easy ways to enjoy oats and dairy.

Oats + Milk = Protein + Fiber + 9 Key Nutrients

1/3 of kids eat cereal (hot or cold) and milk for breakfast. They are more likely to meet their daily goals for dairy and several nutrients.

Make it with Milk

People may be missing an opportunity to boost the morning meal. Make oatmeal with low-fat or fat-free milk for a delicious—and nutritious—start to the day.

OATMEAL MADE WITH WATER**

<table>
<thead>
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<tbody>
<tr>
<td>Calcium</td>
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<tr>
<td>Protein</td>
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<td>Calories</td>
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OATMEAL MADE WITH LOW-FAT MILK**

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**1/2 cup of dry oats and 1 cup of water or low-fat milk
A 40 GRAM SERVING OF OATMEAL HELPS KEEP YOU FULL FOR UP TO 4 HOURS*

*when consumed with one cup of fat-free milk.

Choose low-fat or fat-free dairy foods first.

A Breakfast Benefit

Breakfasts with more milk are associated with higher daily intakes of calcium, vitamin D and potassium for adults and kids – but not higher daily intakes of calories, fat or added sugar.9

Milk is the Top Food Source of 9 Essential Nutrients in Kids’ Diets.19

Protein Power

Most dairy products are a good source of high-quality protein. Research indicates that consuming a higher protein diet can help people meet their health and wellness goals, including managing their weight, feeling fuller longer, and supporting muscle for exercise recovery and healthy aging.5, 10-12

Lactose Intolerant?

People can still enjoy their favorite dairy products. To learn more, visit NationalDairyCouncil.org.

THE POWER OF THE OAT

Whole Grain Oats

BRAN: contains the greatest amount of ß-glucan (soluble fiber) and is a rich source of B vitamins.

ENDOSPERM: largest section and middle layer – serves as the main energy source in the form of carbohydrate and protein.

GERM: heart of the grain and the smallest part of the kernel – loaded with nutrients like B vitamins, vitamin E, trace minerals and phytonutrients.

The different size and shape of the oats only affects cooking time and texture!

STEEL CUT OATS
Cut, and not rolled, for a full and hearty texture.
40 gram serving
40 grams whole grain
4 grams fiber

OLD FASHIONED OATS
Traditional rolled oats.
40 gram serving
40 grams whole grain
4 grams fiber

QUICK OATS
Cooks in one minute.
40 gram serving
40 grams whole grain
4 grams fiber

INSTANT OATS
Cut finer to cook faster.
40 gram serving
39 grams whole grain
4 grams fiber

FOR 150 CALORIES, ONE-HALF CUP OF OATMEAL PROVIDES!13

OF THE DV OF FIBER
(Including 2 grams of soluble fiber)
15%

OF THE DV OF IRON
(DV = Daily Value), based on a 2,000 calorie diet
10%

DAIRY GOOD NUTRITION

Dairy foods provide important nutrients adults and kids are falling short on. In fact, it’s hard to meet nutrient goals without the recommended servings of dairy.6-7

THE DIETARY GUIDELINES FOR AMERICANS RECOMMEND DAIRY PRODUCTS EACH DAY2,18

CHILDDREN 2-3 YRS
AVERAGE - 2.4 Cups

CHILDDREN 4-8 YRS
AVERAGE - 3.0 Cups

ADULTS, CHILDREN 9+ YRS
AVERAGE - 3.6 Cups

Choose low-fat or fat-free dairy foods first.2

STARTING AT AGE 4, PEOPLE ARE ALREADY MISSING OUT ON DAIRY RECOMMENDATIONS.18

DAIRY IS THE TOP FOOD SOURCE OF 9 ESSENTIAL NUTRIENTS IN KIDS’ DIETS.19

30% DV of calcium
30% DV of vitamin D
25% DV of phosphorus
25% DV of riboflavin
20% DV of vitamin B12
16% DV of protein
10% DV of potassium
10% DV of vitamin A

Values shown are for low-fat milk fortified with vitamins A and D (DV = Daily Value), based on a 2,000 calorie diet.
REFERENCES


*Soluble fiber from foods such as oats, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

†Moderate evidence indicates that intake of milk and milk products is associated with a reduced risk of cardiovascular disease and type 2 diabetes. 2010 Dietary Guidelines for Americans

‡Moderate evidence indicates that intake of milk and milk products is linked with improved bone health, especially in children and adolescents. 2010 Dietary Guidelines for Americans