



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

During the holiday rush, we often fail to fuel our bodies with healthy choices. Oats offer an easy fix for this “disconnect dilemma” – especially **Quaker® Overnight Oats**.

## What's So Extraordinary about Oats?

- Soluble fiber helps lower LDL cholesterol, which may reduce the risk of heart disease.
- Fiber contributes to a healthy digestive system.
- Complex carbs are slowly-digested and offer steady energy.

Don't wait for New Year's resolutions to jump-start your mornings with better-for-you choices. **Quaker® Overnight Oats** offer a convenient way to fuel your body through the rest of your holiday festivities!



### SIMPLE STEPS...

- 1:** Grab a cup of your favorite flavor.
- 2:** Add milk or a dairy alternative.
- 3:** Cover & refrigerate while you sleep.
- 4:** Wake up and enjoy!

- Made with 100% whole grain oats, quinoa, and flaxseed
- Includes simple ingredients like real fruit pieces and nuts
- No added artificial flavors or colors
- Good source of protein (when prepared with 1/2 cup skim milk)
- Good source of dietary fiber



### Top the flavor with some extra mix-ins:



**Rich,  
creminess**



**Crunchy,  
protein boost**



**Vitamins &  
antioxidants**