



OATS

Ever wondered what the difference is between Quick Oats and Traditional rolled oats? Well quick oats (also known as instant oats or microwavable oats) are just as nutritious as traditional oats and are super convenient too!

To make quick oats, manufacturers simply roll wholegrain oats until they are thin, then steam and ground them into smaller pieces. This allows the oats to cook faster and gives them a smooth and creamy texture.

Both quick oats and traditional oats are rich in beta-glucan which helps to lower cholesterol absorption. The difference between the two types is that quick oats have a higher Glycaemic Index (GI) because they are more refined.

This doesn't make them unhealthy but does mean that they are digested a lot easier than traditional oats. For an athlete or active person needing a quick energy boost or recovery after training, this is a great option. But for sustained energy release before training, traditional oats are a better option.

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