



THE EVOLUTION OF OATS: EVERYTHING IN LIFE HAS CHANGED WHY HASN'T YOUR OATS?

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DATE OF NEXT REVIEW: May 2023

No better breakfast than a hearty bowl of oats on a cold winter's morning. Top it with a sprinkle of cinnamon and a little squirt of honey and you are ready for the day. The versatility of oats makes it a very popular ingredient to have at home, cooked, overnight oats, muesli or granola makes an excellent breakfast, used to bake rusks, biscuits, muffins and breads and then oats can even make an appearance to bind your burger patties. With countless options and even more health benefits lets take a closer look at the evolution of oats.

The History of Oats

Oats had a very humble beginning despite the widespread praise it gets today. Oats was one of the last major cereal grains to be domesticated, around 3,000 years ago in Europe¹. It originated as weeds that grew within cultivated fields of various other crops^{1,2}. The Romans and Greeks saw it as nothing more than a diseased version of wheat, only good enough for animal feed. The slow rise in popularity was also due to the bland taste and the fact that oats would go rancid very quickly, as a result they must be processed promptly. Now days oat (*Avena L.*, Poaceae family) is one of the most commonly cultivated cereals worldwide and a valuable resource in numerous countries both for human consumption and animal feed^{1,2}.

Uses of Oats

Besides being a very nutritious food both for animal and human consumption, oats has many other uses namely:

- **Medicinal purposes:** helps to reduce the risk of many diseases, including heart disease, helpful in lowering cholesterol, triglyceride and even blood sugar levels, it can can even help with weight management²⁻⁴.
- **Agronomy:** Used as a starter crop (natural herbicide) or as a weed barrier, erosion control, planted for groundcover, makes a great fertilizer and used as mulch².
- **Consumption:** used for many years in whisky, as a coffee substitute, to prepare feeds such as hay, pasture and grains².
- **Other:** Used to produce cosmetics, paper, fibre, animal bedding, pillow filling and thatching. Waste products and hulls are commonly used in the refining of lubricant oils, used in the manufacturing of shoe dyes, herbicides, fungicides, and soil fumigants as well as the production of nylon².



From being used predominantly as feed for animals to its many alternative uses, oats have quickly become popular as consumers aim to follow more healthy lifestyles. Evolved and produced in various forms to suit all needs we find it as whole oats, oat bran, steel cut oats, rolled oats, quick oats and instant oats, there surely is an oat type for everyone^{1,3}.

Benefits of Oats

Oats has countless health benefits, if you are not convinced yet, perhaps the below will help³⁻⁶

- Helps reduce the risk of many diseases
- Heart health benefit, helps to lower cholesterol levels
- Helps manage blood glucose levels
- High fibre content helps keep you fuller for longer and keeps your digestive system healthy
- Provides energy and packed with nutrients

WHERE DOES FUTURELIFE® FIT IN?

FUTURELIFE® SMART OATS® AND ANCIENT GRAINS is the first and only scientifically formulated blend of 5 whole grains, including steel cut oats and ancient grains, combined for their inherent goodness. Each grain is carefully prepared to retain its whole grain properties and variety of fibres. FUTURELIFE® Smart Oats® and Ancient Grains provides a wholesome source of protein and fibre, together with 13 vitamins, 7 minerals and 19 amino acids.

THE FACTS

5 Whole Grains

Smart Oats® and Ancient Grains is available in 4 flavours and made from a unique blend of 5 different grains namely.

- **Oats:** one of the few grains to contain beta-glucans, a fibre known to assist in the management of blood glucose levels and cholesterol reduction.
- **SmartMaize™:** Through a FUTURELIFE ® exclusive cooking process, this whole grain maize retains more of its nutritional value and fibre, keeping you fuller for longer.
- **Rice:** ground down to a fine powder, this ancient grain provides both energy and a unique smoother texture to an otherwise characteristically textured meal.
- **Sorghum:** one of the top five most important cereal crops grown in the world, this nutrient rich ancient grain provides a much-loved texture and taste.
- **Quinoa:** packed with all the essential amino acids, this is one of the few ancient grains naturally to provide a complete protein.



SUGAR SMART WITH 38% Less Sugar

Smart Oats® and Ancient Grains has been formulated to contain just 4.7 g of sugar per 50g versus 7.6 g in a 50g serving of Smart Oats®, Smart Oats® and Ancient Grains thus offers a 38% reduction in sugar.

The World Health Organisation (WHO) recommends that adults with a normal BMI (18.5-24.9) reduce sugar intake to below 10% of their daily energy needs. This equates to no more than 50g (12.5 teaspoons) per day. With FUTURELIFE® Smart Oats® containing only 4.7 g of sugar, it provides you with less than 1% of the 10% recommendation for total energy.

Source of Protein

Smart Oats® and Ancient Grains is a source of naturally derived protein as well as 19 Amino Acids.

Contains 43 Nutrients

FUTURELIFE® Smart Oats® is a source of Protein, 13 Vitamins (Vitamin A, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Vitamin H and Vitamin K), and 5 Minerals (Copper, Iodine, Iron, Selenium and Zinc). It is also high in Carbohydrates, Chromium, Manganese, Dietary Fibre, Energy and formulated with 19 Amino Acids.

Formulated with MODUCARE®

FUTURELIFE® Smart Oats® and Ancient Grains has been formulated with MODUCARE®, a daily immune supplement made from a patented blend of natural plant sterols and sterolins, in a clinically proven ratio of 100:1. MODUCARE® is supplied exclusively to FUTURELIFE® under licence from Aspen Pharmacare.

CONCLUSION

With so many options out there, you surely want to make the best breakfast choice for your family, it couldn't be any easier. The next time you are buying oats remember to look out for FUTURELIFE® Smart Oats® and Ancient Grains as everything in life has changed, why hasn't your oats?

REFERENCES

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