

**Healthy Breakfasts: Oatmeal**  
**Rogers TV daytime London (aired January 29, 2015)**

Oatmeal is a low cost, healthy breakfast that can be flavoured in many different ways.

Eating oats, as part of a healthy diet, can help lower your risk for heart disease and diabetes and help maintain a healthy weight. Oats are a good source of B vitamins, iron, manganese and fibre. Less processed oats have more fibre and protein. Choose steel cut and Scottish oats more often and instant oats less often.

**Delicious Oatmeal Recipes**

[Creamy Cinnamon Oatmeal](#) (Heart & Stroke Foundation)

[Instant Oatmeal Pumped Up](#) (Heart & Stroke Foundation)

[Make Ahead Steel-Cut Oatmeal with Dates](#) (Heart & Stroke Foundation)

[Overnight Apple Pie Oatmeal](#) (Eat Right Ontario)

Try adding different ingredients to your favourite recipe to add extra flavour and nutrition.

- Vanilla flavouring, cinnamon, nutmeg, ginger
- Slivered almonds, chopped walnuts, chopped pecans
- Pumpkin seeds, sunflower seeds
- Hemp seeds, chia seeds, ground flax seed
- Fresh or frozen fruit (e.g., chopped apple, strawberries, blueberries)
- To reduce the added sugar, use fruit without added sugar (e.g., dried apricots, figs, dates, or fresh or frozen apple, strawberries, peach).
- Substitute half of the water for milk or a fortified milk alternative (e.g., soy beverage).
- If the recipe includes yogurt, try plain Greek yogurt.