

Health & Nutrition Sciences

Oatmeal Breakfast:

Linked to a Better Diet Quality in Children

Children Often Underconsume Fiber and Micronutrients in Whole Grains.¹

According to the most recent Dietary Guidelines for Americans, children's whole grain intake is less than half the recommended amounts.

Research suggests eating breakfast could be linked to potential benefits for children:²



Memory



Test scores and school attendance

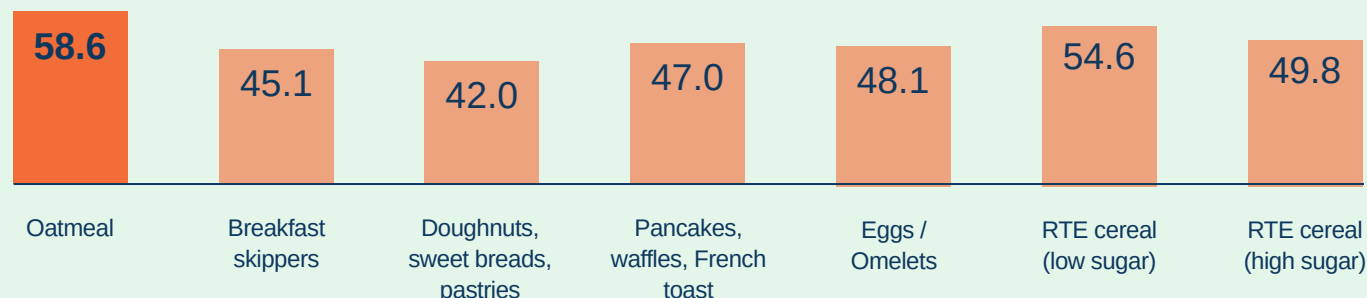


Overall nutrition



A recent analysis* of NHANES data from 5,876 children (age 2–18) demonstrated that oatmeal-containing breakfast was associated with **better diet quality Healthy Eating Index (HEI score) and higher intake of key food groups and nutrients** compared to other breakfasts.³

Total daily HEI score by breakfast type



* Study supported by PepsiCo

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Oatmeal consumers had higher diet quality scores because their breakfasts included more **whole grains**, fewer **refined grains** and fewer **added sugars** compared to other breakfasts.

In many cases, children who ate oatmeal consumed more fiber and minerals compared to the children who consumed other breakfasts.



Explore All the Oat Possibilities

Children's diet quality can be improved with many types of oats. Each variety of Quaker Oats, no matter how they are cut — Old Fashioned, Quick, Instant and Steel Cut — are 100% whole grain and, ounce per ounce, they all provide similar amounts of fiber, vitamins and minerals. Where they differ is shape, texture and cook time.



Old Fashioned

Traditional rolled oats



Quick

Rolled thinner and cut to cook quicker



Instant

Cut finer to cook faster and have softer texture



Steel Cut

Cut, not rolled for hearty, chewy texture

References:

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available online: https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf
2. Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast Habits, Nutritional Status, Body Weight, and Academic Performance in Children and Adolescents. *J Am Diet Assoc.* 2005 May;105(5):743-60
3. Fulgoni III VL, Brauchla M, Fleige L, Chu YF. Oatmeal-Containing Breakfast is Associated with Better Diet Quality and Higher Intake of Key Food Groups and Nutrients Compared to Other Breakfasts in Children. *Nutrients* 2019 Apr 27;11(5)