

JANUARY

OATS

Oats are a good source of many nutrients including Vitamin E, Zinc, Selenium, Copper, Iron AND magnesium.

Oats are a great source of protein. Porridge oats contain the highest level of protein within the cereal family.

Eating porridge for breakfast provides you with enough energy for the first half of the day and stabilises blood sugar levels.

Boosts concentration and slow releasing carbohydrates sustain energy levels and raise blood sugar allowing full concentration to be maintained

History- Porridge is traditionally the food of mountain climbers and explorers as it gives a slow release of energy.

Oats represent about 3% of the total UK cereals area and are mostly sown in the autumn months

