OATMEAL HELPS REMOVE CHOLESTEROL

Quaker Instant Oatmeal not only tastes delicious, it’s good for your heart. Research conducted over the past 40 years shows that eating oatmeal can reduce total cholesterol and the risk of heart disease. Not only does Quaker Instant Oatmeal help lower your total cholesterol, but it also helps reduce LDL cholesterol, sometimes referred to as "bad" cholesterol, and it helps keep your arteries clean and healthy.

Unsure about how oatmeal fits into your weight management plan? Research shows that having a fiber-rich diet and eating breakfast can help you maintain a healthy weight. Made from whole grain oats, Quaker Instant Oatmeal is a good source of fiber and is under 200 calories per serving. When eaten as part of a well-balanced diet, it can help you manage your weight.

For more information on oatmeal’s health benefits visit us at www.quakeroatmeal.com