

Oatmeal Each Day Keeps the Doctor Away

This just in: January is National Oatmeal Month!

Forget the cold grey lumps you hated as a kid. Oatmeal is good, and it's good for you. It's rich in B vitamins, iron, zinc and calcium, and the soluble fiber reduces cholesterol and the risk of heart disease. (It's also warm, easy and cheap—the cost of an average serving is about 15 cents!)

Here are some eDiets.com tips for making oatmeal appetizing for the whole family.

eDiets.com Healthy Family Oatmeal Tips

For Dad: This oatmeal recipe with almonds sounds old-fashioned, but chances are his mom never made him oatmeal like this. Cook a third of a cup of old-fashioned oatmeal according to the package instructions. Stir in a quarter tsp of nutmeg, quarter tsp of cinnamon and 2 Tbsp of sliced almonds. The finished result is sodium and cholesterol free with 4 grams of fiber and 7 grams of protein.

For kids: In this fast-paced world, even kids need a power breakfast. The eDiets.com Strawberry Oatmeal recipe is healthier and cheaper than a prepackaged alternative and will keep your kids going strong until lunch. Add half a scoop of unsweetened strawberry protein powder to quarter cup of old-fashioned dry oatmeal. Follow oatmeal package instructions. Stir in one packet of SPLENDA sweetener for taste. Top with a quarter cup of sliced fresh strawberries. This breakfast clocks in at a low 150 calories per serving with 14 g of protein and 3g of fat and fiber. For added calcium, substitute low-fat milk for the water in the oatmeal recipe.

For teens: Teenagers are known for skipping breakfast. Give them a breakfast they can drink on the go and you're well on your way to breaking them of the no-breakfast habit. In a blender, combine half a cup of uncooked whole oats, half cup of nonfat yogurt, half cup nonfat milk, 1 cup of frozen or fresh strawberries or blueberries and 2 tsps of honey. After a minute or two of blending on high speed, add a cup of crushed ice and blend for another two minutes until thickened. This high in calcium breakfast provides 349 calories and 7 grams of fiber, but just 4 grams of fat.

For Mom: After making breakfast for everyone, you've earned some convenience! eDiets.com Chief Nutritionist Pamela Ofstein recommends Quaker Instant Oatmeal Nutrition for Women. Compared to regular oatmeal, it has 40% more calcium per package and includes vitamins B, D and E and soy. Combine it with orange juice or a banana and even Mom can get her daily oats.

If you need more healthy oatmeal tips, let me know! I'm happy to arrange an interview for you with Pamela Ofstein, eDiets.com's Chief Nutritionist.