

Wellness Buddy

Special points of interest:

- Oatmeal is rated #1 among breakfast foods.
- Oats grow best in cooler climates with plenty of rainfall — conditions inhospitable to most grains. This explains why they're so popular in Scotland and Ireland!
- Many people consider **oatmeal brulée** the ultimate porridge; picture a thick bowl of oatmeal topped with a thin layer of caramelized sugar and some fresh berries.

Oats—January Grain of the Month

January has long been celebrated as National Oatmeal Month.

According to the Whole Grains Council, oats (*Avena sativa*) have a sweet flavor that makes them a favorite for breakfast cereals. Distinctive among the most widely-eaten grains, oats almost never have their bran and germ removed during processing. When you see oats or oats flour on a label, relax; you're really assured to get whole grain.

In the United States,

most oats are steamed and flattened to produce rolled oats, sold as “old-fashioned” or regular oats, quick oats, and instant oats. The more oats are flattened and steamed, the quicker they cook — and the softer they become. For a chewier, nuttier texture, consider steel-cut oats, also called Irish or Scottish oats. Steel-cut oats consist of the entire oat kernel (similar in look to a grain of rice), sliced once or twice into smaller pieces to help water penetrate and

cook the grain.

Just a few of the health benefits of Oats

- Helps lower LDL (“lousy” or bad) cholesterol and may help reduce the risk of heart disease
- Helps you feel fuller longer, which helps control your weight
- May help lower blood pressure
- May reduce risk of type 2 diabetes, since their soluble fiber helps control blood sugar



Oatmeal makes an ideal breakfast.



HealthiestWeight

To kick off 2015, the Florida Department of Health has launched Healthy Promise Florida, an interactive campaign promoting commitments to healthy choices during the New Year.

Through this pledge making initiative,

Floridians are invited to post a healthy promise, along with a personal photo, to the online message board at www.HealthyPromiseFL.com. On this website, participants can view photos and promises posted by other Floridians who have committed to

live longer and healthier lives.

Start your new year with the small step of making a healthy promise today!

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Providing support and guidance to make the “healthy choice the easy choice!”

Mission: "To protect, promote, & improve the health of all people in Florida through integrated state, county, & community efforts."

Vision: To be the Healthiest State in the Nation

Values: (ICARE)

Innovation: We search for creative solutions and manage resources wisely.

Collaboration: We use teamwork to achieve common goals & solve problems.

Accountability: We perform with integrity & respect.

Responsiveness: We achieve our mission by serving our customers & engaging our partners.

Excellence: We promote quality outcomes through learning & continuous performance improvement

We're on the web!

www.jacksonchd.org

Irish Oatmeal Brulée



Oatmeal brulée is comforting yet special.

TOTAL TIME: Prep: 15 minutes
+ simmering Broil: 5 min.

Ingredients

8 cups 2% milk
2 cups steel-cut oats
1 cinnamon stick (3 inches)
1 orange peel strip (1 to 3 inches)
Dash salt
¾ cup dried cranberries
½ cup golden raisins
½ cup maple syrup
Buttermilk, optional

½ cup packed brown sugar

Directions

1. In a large heavy saucepan, bring milk to a boil over medium heat. Add the oats, cinnamon, orange peel and salt. Reduce heat; simmer for 30 minutes or until thick and creamy, stirring occasionally.
2. Remove from the heat; discard cinnamon and orange peel. Stir in the cranberries, raisins, syrup and a small amount of buttermilk if desired. Cover and let stand for 2 minutes.

3. Transfer to eight ungreased 6-oz ramekins. Place on a baking sheet. Sprinkle with brown sugar. Broil 8 in. from the heat for 4-7 minutes or until sugar is caramelized. Serve immediately. Yield: 8 servings.

Nutritional Facts

1 serving equals 437 calories, 8 g fat (3 g saturated fat), 18 mg cholesterol, 154 mg sodium, 83 g carbohydrate, 5 g fiber, 14 g protein.