

Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN



# Dietitian's Dish

During the holidays, it's too easy to end up disconnected from healthy habits. We're so busy with parties, shopping, and holiday traditions that we often fail to fuel our bodies with healthy choices. Oats are an easy fix for this disconnect dilemma – especially **Quaker® Overnight Oats**.

## What's So Extraordinary about Oats?

- Soluble fiber helps lower LDL cholesterol, which may reduce the risk of heart disease.
- Fiber contributes to a healthy digestive system.
- Complex carbs are slowly-digested and offer steady energy.

Don't wait for New Year's resolutions to jump-start your mornings with better-for-you choices. **Quaker® Overnight Oats** offer a convenient way to fuel your body through the rest of your holiday festivities!



**STEP 1:** Grab a cup of your favorite flavor of **Overnight Oats**.

**STEP 2:** Add milk or a dairy alternative, then refrigerate overnight.

**STEP 3:** Get a good night's sleep.

**STEP 4:** Enjoy a ready-to-eat, hassle-free breakfast!

- Made with 100% whole grain oats, quinoa, and flaxseed
- Includes simple ingredients like real fruit pieces and nuts
- No added artificial flavors or colors
- Good source of protein (when prepared with 1/2 cup skim milk)
- Good source of dietary fiber



Top the flavor with some extra mix-ins:



**Rich,  
creminess**



**Crunchy,  
protein boost**



**Vitamins &  
antioxidants**