



What is the Effect of Quaker Oats High Fiber Oatmeal on Blood Lipid Levels in 28 Adults?

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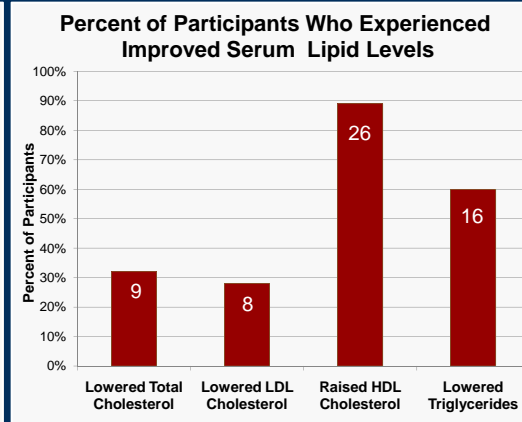
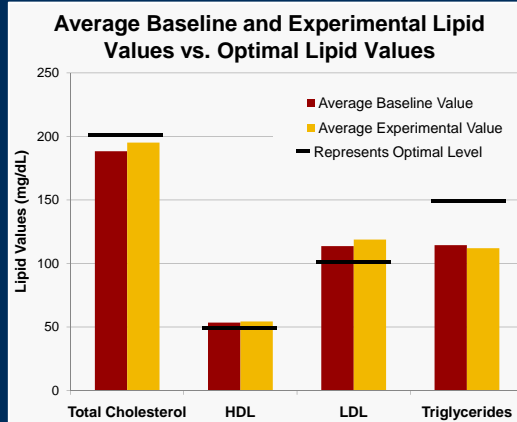


Purpose

Investigate the effects of Quaker Oats High Fiber Oatmeal as a simple dietary change to improve serum lipid levels

Introduction

- 52 million American adults have high serum cholesterol, a major risk factor for Cardiovascular Disease, the leading cause of death in the US
- High fiber diets effectively lower cholesterol
- Cholesterol lowering functions of soluble, viscous fiber:
 - Binds dietary cholesterol and reduces absorption in the small intestine
 - Acts on the liver to reduce endogenous production of cholesterol
- Beta-Glucan is a form of viscous, soluble fiber that decreases serum total and LDL cholesterol
- One packet of Quaker Oats High Fiber Oatmeal contains 8 grams of Beta-Glucan



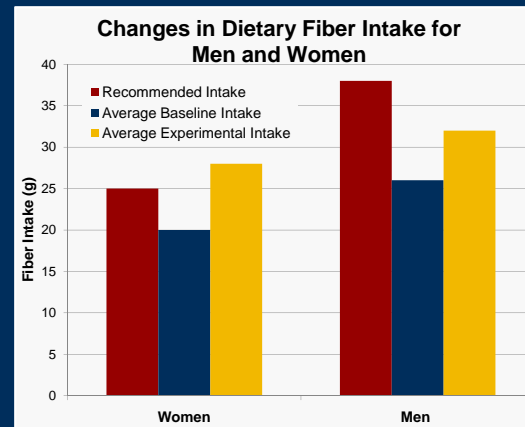
Results

- Oatmeal supplementation did not significantly improve serum lipids
- Individual results were highly variable:
 - TC range from **-18%** to **+16%**
 - HDL range from **-24%** to **+37%**
 - LDL range from **-32%** to **+28%**
 - TRG range from **-51%** to **+50%**
- Dietary fiber intake increased by:
 - 21% in males
 - 28% in females
- Dietary cholesterol intake decreased by:
 - 16% in participants



Methods

- Study was approved by IRB and informed consent from subjects was obtained
- 28 subjects consumed Quaker Oats High Fiber Oatmeal Packets in place of their typical breakfast carbohydrate source
 - 4 days per week, for 5 weeks
- Baseline and Experimental measurements included:
 - Serum total, LDL, HDL cholesterol, triglyceride levels
 - 24-hour Diet Recalls
 - Height and current weight



Conclusions

- A slight average increase in total and LDL cholesterol levels was observed, though this population had *near optimal* serum lipids at baseline
- Observed diet-related improvements:
 - Nearly **90%** of the participants increased their HDL (26 of 28)
 - Average dietary fiber intake **increased by over 20%** in both men and women
 - Average dietary cholesterol consumption **decreased by 16%**
 - **82%** of participants thought consuming 4 packets of oatmeal per week for breakfast was a very easy lifestyle change

Acknowledgements

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