



# ROGERS FOODS NEWSLETTER

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## Recipes of the Month

**Blueberry, Pineapple & Pecan Baked Oatmeal Recipe**

[CLICK HERE](#)

**Baked Oatmeal with Pears Recipe**

[CLICK HERE](#)

**Heart Healthy is Prostate Healthy - and- Oats, Fibre & Women's Health**

[CLICK HERE](#)

## New Packaging!

Have you had a chance to see any of our new flour packaging in your local retail store yet? We hope you are enjoying the new design including more modern colors that are easier to distinguish on store shelves.



WHOLE GRAIN WHOLE WHEAT FLOUR 2.5KG



WHOLE WHEAT BREAD FLOUR 2.5KG



WHITE BREAD FLOUR 2.5KG



WHOLE GRAIN WHOLE WHEAT FLOUR 10KG



Rest assured, nothing inside the packaging has changed. Same great flours that you've enjoyed over the years. You won't have to make any changes or adjustments in your baking or cooking!

# BLUEBERRY, PINEAPPLE & PECAN BAKED OATMEAL



## Ingredients

- 2 cups rolled oats
- ½ chopped pecans
- 1 ½ teaspoons ground cinnamon
- 1 teaspoon baking powder
- ¾ teaspoon salt
- 2 cups unsweetened nondairy milk, such as oat or coconut
- ¾ cup plain nondairy yogurt, such as oat, soy or cashew
- ½ cup pure maple syrup
- 2 tablespoons coconut oil
- 1 teaspoon vanilla extract

- 1 cups diced pineapple
- 1 cups fresh blueberries

## **Directions**

1. Preheat oven to 375 degrees F. Coat an 8-inch square baking dish with cooking spray.
2. Mix oats, pecans, cinnamon, baking powder and salt in a large bowl. Add nondairy milk, yogurt, maple syrup, coconut oil and vanilla; stir to combine. Fold in pineapple. Pour the mixture into the prepared baking dish. Top with blueberries.
3. Bake until golden on top and firm to the touch, 50 minutes to 1 hour.

# BAKED OATMEAL WITH PEARS



## Ingredients

- 2 cups Rogers Foods Whole Oats
- ½ cup almonds, chopped
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- ¾ teaspoon salt
- ¼ teaspoon ground nutmeg

- 1/8 teaspoon ground cloves
- 2 cups milk, unsweetened almond milk, or favourite milk alternative
- 1 cup low-fat plain Greek yogurt or vegan yogurt (optional)
- 1/4 cup pure maple syrup
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon vanilla extract
- 2 pears, diced small
- 1/3 cup low-fat plain Greek yogurt (Optional)

## Directions

1. Preheat oven to 375 degrees F. Coat a 9-inch-square baking dish with cooking spray.
2. Mix oats, walnuts, cinnamon, baking powder, salt, nutmeg, and cloves in a large bowl. Whisk almond milk (or milk), 1 cup yogurt, maple syrup, oil, and vanilla in a medium bowl.
3. Pour the wet ingredients into the dry ingredients. Gently mix in pears. Transfer the mixture to the prepared baking dish.
4. Bake until golden brown, 45 to 55 minutes. Top each serving with 1 tablespoon of the remaining yogurt, if desired.

## WELLNESS CORNER

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

## HEART HEALTHY IS PROSTATE HEALTHY



Heart disease is the no. 1 killer, even in men with prostate cancer. Eat heart healthy foods that will also benefit your colon. Foods like avocados, salmon, flaxseed, oatmeal, berries, dark chocolate with at least a 70% cacao content.

Prostate cancer is one of the leading types of cancer in men, and its prevalence continues to increase globally. According to statistics, prostate cancer affects one in nine men during their lifetime. While treatment options such as chemotherapy, radiation, and surgery can help manage the disease, certain dietary practices can slow its progression or prevent its

development. One such practice is the consumption of oats. This article explores the benefits of oats for men with prostate cancer.

### **Oats and Prostate Cancer Prevention**

Oats have numerous health benefits, and one of them is their ability to prevent cancer. Oats contain a type of fibre known as beta-glucan, which has been shown to reduce the risk of different types of cancer, including prostate cancer. A study published in the European Journal of Nutrition found that men who consumed oats regularly had a lower risk of developing prostate cancer compared to those who did not consume oats. The study attributed this to the beta-glucan in oats, which has anti-cancer properties.

### **Oats and Prostate Cancer Treatment**

Oats consumption can also aid in the treatment of prostate cancer. Oats are rich in selenium, which is an antioxidant mineral that has been linked to a lower risk of cancer. A study published in the Journal of Nutrition found that selenium supplementation could reduce the risk of advanced prostate cancer in men. Furthermore, oats contain lignans, which are plant compounds that have anti-cancer properties. Lignans have been shown to inhibit the growth of cancer cells, including prostate cancer cells.

### **Oats and Prostate Cancer Management**

Men with prostate cancer who consume oats regularly have a better chance of managing the disease. This is because oats contain high levels of fibre, which aids in digestion and bowel movements, preventing constipation. When undergoing prostate cancer treatment, constipation can be a common side effect, leading to discomfort and even pain. Eating oats can alleviate this discomfort and improve the patient's quality of life. Additionally, oats are a low glycemic index (GI) food that can help manage blood sugar levels. High blood sugar is linked to inflammation, which can worsen the cancer's prognosis. By consuming oats, men with prostate cancer can keep their blood sugar levels in check, reducing inflammation and potentially improving the treatment outcome.

### **Ways to Prepare Oats**

- **Oatmeal:** A breakfast favorite, cooked oats pair well with fruits, nuts, and seeds. Follow package directions for exact cooking times. Generally, less-processed oats such as steel-cut take 25-30 minutes to cook, whereas instant oats take 1-2 minutes.
- **Overnight Oats:** A quick, easy no-cook solution for a nutrient-dense breakfast or snack. In a medium glass jar, add ½ cup whole or rolled oats (not instant), ½-1 cup liquid such as dairy milk, soy milk, or nut milk, and ½ cup of any chopped fruit (banana, melon, apple, grapes). Additional optional ingredients include a few tablespoons of Greek yogurt, 1-2 tablespoons of chia/flaxseeds, nuts, or any spices. Tightly screw on the lid and shake the jar vigorously until all ingredients are incorporated well. Refrigerate overnight or for at least four hours. The oats will soften and the mixture will thicken into a pudding-like texture.

- **Oat Flour:** These are oats that have been ground to a flour-like consistency. Although it may be tempting to substitute oat flour for regular flour in baked recipes, keep in mind that oat flour lacks gluten, a crucial component that adds structure, moisture, and volume to a baked product; without it, cookies would crumble and breads would become dense and lack volume. However, oat flour can add chewiness to cookies and a boost of nutrients to breads. Substitute 25-30% of flour in a recipe with oat flour for best results.



- **Oat Risotto:** Oats are also delicious in savory dishes. An example is replacing rice in risotto with whole oat groats or steel-cut oats. Typically, the oats are first toasted for a few minutes in hot oil with aromatics like shallots or diced onion. Then stock and/or water are added, 1 cup at a time, stirring well after each addition, until the oats are cooked (about 25 minutes).
- **Other Ideas:**
  - Add ½ cup dry oats to batter, such as for breads and cookies.
  - Add 2-3 tablespoons of oat bran to any hot or cold cereal.



## Conclusion

Oats are a superfood that has numerous health benefits for men with prostate cancer. Consuming oats can help prevent the development of prostate cancer, aid in its treatment and slow its progression. Additionally, men with prostate cancer who consume oats can better manage the disease by alleviating discomfort and maintaining healthy blood sugar levels. As such, it is imperative for men with prostate cancer to incorporate oats into their diet regularly. It is worth noting that other dietary and lifestyle changes, such as exercise and consuming other cancer-fighting foods, can also complement the consumption of oats in managing prostate cancer.

## REFERENCES

1. Diet For Cancer Treatment Side Effects - UCSF Health - <https://www.ucsfhealth.org/education/diet-for-cancer-treatment-side-effects>
2. Harvard Health - <https://www.hsph.harvard.edu/nutritionsource/food-features/oats/>
3. <https://observer.com/2016/10/doctors-orders-eat-these-20-foods-to-beat-prostate-cancer/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4325078/>

# OATS, FIBRE & WOMEN'S HEALTH

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

Oats are high in fibre and nutrients that are essential for women's health. Oats are a great food option for women who are looking to lead a healthy lifestyle. They are low in calories and high in nutrition. There are numerous health benefits of consuming oats on a regular basis. In this article, we will discuss some of the key benefits of eating oats for women's health.

## Nutritional Value of Oats

Oats contain a variety of vitamins and minerals that are essential for health, including magnesium, iron, potassium, and calcium. Oats are also a great source of protein, with one cup of cooked oats containing around 6g of protein. Additionally, oats are rich in soluble fibre, which promotes healthy digestion and helps to lower cholesterol levels.

## Oats Lower Cholesterol Levels

One of the most significant health benefits of oats is that they help to lower cholesterol levels. The soluble fibre found in oats is responsible for this effect. When soluble fibre is digested, it forms a gel-like substance in the gut that binds to cholesterol and eliminates it from the body. This can help to lower the risk of heart disease for women, which is the leading cause of death for women worldwide.



## Oats Help to Regulate Blood Sugar Levels

Oats are also beneficial for regulating blood sugar levels. The high fibre content of oats means that they are digested slowly, which can help to prevent spikes in blood sugar levels. This is especially important for women who have diabetes or are at risk of developing diabetes. Eating oats can help to keep blood sugar levels stable and reduce the risk of developing diabetes.

## Oats Help to Promote Weight Loss

Oats are also a great food option for women who are looking to lose weight. They are high in fibre, which helps to keep you feeling full for longer periods of time. This can help to reduce your overall calorie intake and promote weight loss. Additionally, oats are low in calories and are a great way to satisfy hunger without consuming excessive amounts of food.

## Oats Help to Promote Regular Bowel Movements

The high fibre content of oats also promotes regular bowel movements. This can help to prevent constipation and maintain a healthy digestive system. The soluble fibre found in oats helps to regulate the digestive system and improve gut health.

## Conclusion

In conclusion, there are numerous health benefits of eating oats for women's health. Oats are high in fibre and essential nutrients that can help to promote weight loss, regulate blood sugar levels, lower cholesterol levels, and promote regular bowel movements. Women who are looking to lead a healthy lifestyle should consider incorporating oats into their diet. Eating oats can help to improve overall health and reduce the risk of developing various health conditions.

## References

1. <https://www.hsph.harvard.edu/nutritionsource/carbohydrates/carbohydrates-and-blood-sugar/>
2. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>
3. <https://www.ama-assn.org/delivering-care/diabetes/foods-spike-patient-s-blood-glucose-are-not-what-you-think>