

Quaker Instant Oatmeal (Peaches & Cream) vs. Bob's Red Mill Steel Cut Oats

Product	Quaker Instant Oatmeal	Bob's Red Mill Steel Cut Oats
		
Nutrition	5 / 10	9 / 10
Serving Size	1 package (35g)	1/4 cup (44g)
Calories	130	170
Total fat	2 g	3 g
Saturated fat	0 g	0.5 g
Trans fat	0 g	0 g
Cholesterol	0 mg	0 mg
Sodium	180 mg	5 mg
Total carbohydrate	27 g	29 g
Dietary fiber	2 g	5 g
Sugars	12 g	0 g
Protein	3 g	7 g
Ingredients	<p>WHOLE GRAIN ROLLED OATS, SUGAR, CREAMING AGENTS (MALTODEXTRIN, SUNFLOWER AND PALM OILS, WHEY SODIUM CASEINATE), FLAVOURED AND COLOURED FRUIT PIECES (DEHYDRATED APPLIED TREATED WITH SODIUM SULFITE TO PROMOTE COLOUR RETENTION, ARTIFICIAL PEACH FLAVOUR (2), CITRIC ACID, ANNATTO COLOUR), SALT, CALCIUM CARBONATE, GUAR GUM, ARTIFICIAL FLAVOUR (2), NIACINAMIDE, VITAMIN A PALMITATE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN MONONITRATE, FOLIC ACID</p> <p>(1) Unclear ingredients description.</p>	WHOLE GRAIN OATS
Quality	6 / 10	10 / 10
Labels	Contains highly processed ingredients and additives	 <p>Gluten-free, 100% whole grain, vegan</p>
Availability	10 / 10	8 / 10
Cost (*prices may vary)	\$ 2.63 / 10 packages	\$ 4.47—\$6.95 / 680 g bag
Where to Buy	At most large chain grocery stores. Metro, Freshco, No Frills, Loblaws, Whole Foods, Coppa's, Sobeys, Longos, Highland Farms, Fortinos, Real Canadian Superstore, Bulk Barn	At most large chain grocery stores. Metro, Loblaws, Whole Foods, Coppa's, Sobeys, Longos, Highland Farms, Fortinos, Real Canadian Superstore, Bulk Barn

Scores	Nutrition	Availability	Quality
0 - 5	Poor, high amount (values over recommended daily value percentages) of sugar, trans fat, animal saturated fats and/or salt	Pricey, not found in most stores	Low nutrient profile, highly processed ingredients, high amounts of preservatives and/or additives
6 - 7	Satisfactory. Just meets recommended daily value percentages.	Somewhat pricey, available in some stores	Satisfactory nutrient profile, contains some processed ingredients, preservatives, and/or additives
8 - 10	Healthy, low amount of sugar, salt, trans fat, animal saturated fats, preservatives and/or additives; high fiber, protein	Reasonably priced, widely available	Rich nutrient profile, organic ingredients, natural flavours, very low to zero additives and preservatives

Oatmeal is a great breakfast food to start your day, but it is important to note that not all oatmeal is created equal. Here are some tips to help you choose healthy oat options!

Top 3 Tips to Choose Healthy Oatmeal

Tip 1: Read the ingredient list

- The first ingredient listed should be “100% whole grain”. If it is not listed as “whole”, assume that it is refined.
- Choose less processed oats such as steel cut oats or large flake rolled oats over quick oats or instant oats. When there is less processing the oats retain more of their nutrient quality.
- Steel cut oats and large flake oats have a very similar nutrient profile. The main difference is that steel cut oats have a lower glycemic index.

Tip 2: Get your fiber

- Oatmeal can be a great source of fiber.
- Look for sources with over 3 g of fiber per serving.

Tip 3: Keep the sugar down!

- Avoid products with sugar listed as one of the first three ingredients on the ingredient list.
- Ideally there should be 6g of sugar or less per serving.
- Beware of other names for “sugar” - ie molasses, high fructose corn syrup, rice syrup, barley malt, agave nectar, black strap molasses, cane sugar, as well as ingredients ending in “-oses” - ie sucrose, glucose, fructose.

Note: Cooking Time

- Steel cut oats require more time to prepare (approximately 20 minutes), therefore it is best to make these the night before and reheat in the morning or make them in a slow cooker.

Other Healthy Brands:

- Quaker Instant Oatmeal (plain)
- Nature’s Path Organic Hot Cereal
- President’s Choice Blue Menu 100% Whole Grain Steel Cut Oats