

Ovsyanka is a classic breakfast version. In general, oats are useful at any time of the day, but especially in the morning. This was said by Steisi Lofton, a master of science, a registered nutritionist.

That is why breakfast is the best time to use oatmeal.

**Maintaining a balanced blood sugar level.** Especially if you combine oatmeal with proteins and healthy fats. So you will prevent glucose. According to studies, oatmeal reduces blood sugar after eating in people with and without diabetes. Also, oatmeal contributes to a gradual decrease in glucose levels on an empty stomach in those who suffer from diabetes.

**Saturation.** There is a lot of fiber (especially beta-glucan) in oats, which slows down digestion and helps to maintain a feeling of satiety longer.



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Nutritionists explained why the most useful for health is oatmeal in the morning

**Muscle nutrition.** Oat contains complex carbohydrates that give energy for morning training, as well as plant protein, which helps maintain muscle mass. To increase the efficiency and improve results, combine oatmeal with protein. For example, with Greek yogurt, walnut paste or eggs.

**Maintaining heart health.** Beta-glucan tissue in oats supports the health of the cardiovascular system and reduces the likelihood of developing chronic diseases. Studies also associate the regular use of oats with a decrease in the general level of cholesterol and an improvement in lipid blood profile.

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