



Shoppers Guide

Oatmeal Cups

On a cool morning, nothing is quite as satisfying as a steaming bowl of oatmeal. Unfortunately, few of us have time to slow-cook a pot in the morning. Many companies have helped solve our dilemma by creating heat-n-eat oatmeal cups. Simply add liquid and after a few minutes in the microwave, you'll have a hot and tasty cup of oats. But how do these quick cups compare to the stovetop version?



Oatmeal cups take the work out of a hot breakfast.

Fortunately, the base for these oatmeal cups is still fiber-rich oats. In addition to their warm, creamy comfort, oats provide a good dose of cholesterol-lowering fiber which also helps the digestive system run smoothly. Especially important at breakfast, fiber is digested slowly and therefore helps keep you feeling fuller longer throughout the morning. Oats are also naturally low in saturated fat, sodium, and sugar and have been linked to the management of blood pressure and blood glucose.

Helpful Hints. When you're planning for some on-the-go breakfasts, consider the following tips:

- ▶ **Liquid nutrition.** Most oatmeal cups call for adding water before heating. Instead, consider adding your favorite milk to boost the protein, calcium, and other nutrients.
- ▶ **Gluten-free?** Oats do not naturally contain gluten. However, during processing, cross-contamination may occur when the oats are prepared with the same equipment used for wheat products. If you have a gluten intolerance, be sure to look for oatmeal cups specifically labeled as gluten free.
- ▶ **Sweetness.** While oats are naturally low in sugar, oatmeal cups are often sweetened with added sugar. In fact, some oatmeal cups have up to 5 teaspoons of sugar. Be sure to check the Nutrition Facts panel to help choose those lowest in added sugar. **EN**

—Heidi McIndoo, MS, RD

Oatmeal Cups Nutritional Comparison

✓ = **EN's Picks.** As with all **EN** comparisons, this is only a sampling of products. Picks contain at least 5 g fiber (18% DV) and no more than 9 g sugar.

OATMEAL CUPS

| | Serving Size (g) | Calories | Total Fat (g) | Sat Fat (g) | Carbs (g) | Sodium (mg) | Fiber (g) | Sugar (g) | Protein (g) |
|---|------------------|----------|---------------|-------------|-----------|-------------|-----------|-----------|-------------|
| 365 Organic Multigrain & Chia Triple Berry | 65 | 250 | 3 | 0 | 49 | 70 | 8 | 10 | 7 |
| 365 Organic Oats & Flax Gingersnap | 65 | 250 | 4 | 0.5 | 48 | 70 | 6 | 13 | 7 |
| 365 Organic Strawberry Greek Style Yogurt | 65 | 250 | 3 | 0.5 | 44 | 70 | 5 | 14 | 11 |
| Better Oats Steel Cut Apples & Cinnamon | 55 | 210 | 3.5 | 1 | 41 | 270 | 4 | 15 | 5 |
| Better Oats Steel Cut Maple & Brown Sugar | 55 | 210 | 3.5 | 1 | 40 | 270 | 4 | 13 | 5 |
| Bob's Red Mill Gluten Free Apple Pieces & Cinnamon, <i>GF</i> | 67 | 270 | 5 | 1 | 48 | 310 | 8 | 13 | 7 |
| Bob's Red Mill Gluten Free Blueberry & Hazelnut, <i>GF</i> | 71 | 290 | 7 | 1 | 49 | 310 | 8 | 13 | 7 |
| ✓ Bob's Red Mill Gluten Free Classic, <i>GF</i> | 51 | 210 | 5 | 1 | 33 | 160 | 7 | 1 | 7 |
| Bob's Red Mill Organic Pineapple Coconut, <i>GF</i> | 69 | 290 | 8 | 3.5 | 47 | 200 | 7 | 12 | 8 |
| Dr. McDougall's Chia Berry, <i>GF</i> ** | 72 | 280 | 4.5 | 1 | 54 | 330 | 9 | 20 | 6 |
| Dr. McDougall's Organic Maple Hot Cereal, <i>GF</i> *** | 70 | 270 | 3.5 | 0.5 | 55 | 290 | 7 | 18 | 6 |
| ✓ IDEAL Oats Apple Cinnamon Strudel | 82 | 270 | 5 | 0.5 | 47 | 280 | 6 | 6 | 20 |
| ✓ IDEAL Oats Crunchy Peanut Butter Banana | 82 | 290 | 8 | 2.5 | 47 | 310 | 7 | 6 | 20 |
| McCann's Steel Cut Irish Oatmeal, Original | 40 | 150 | 2 | 0.5 | 26 | 120 | 3 | <1 | 4 |
| McCann's Steel Cut Irish Oatmeal, Vanilla Honey | 54 | 200 | 2 | 0.5 | 41 | 240 | 3 | 17 | 4 |
| ✓ Nature's Path Organic Coconut Cashew | 55 | 230 | 7 | 2.5 | 36 | 110 | 6 | 9 | 7 |
| ✓ Nature's Path Organic Dark Chocolate Cinnamon Pecan | 55 | 220 | 6 | 1.5 | 36 | 110 | 6 | 9 | 7 |
| Nature's Path Organic Summer Berries Boost | 55 | 210 | 3.5 | 0.5 | 39 | 110 | 7 | 10 | 7 |
| Powerful High Pro Instant Oatmeal Peanut Butter & Honey, <i>GF</i> | 65 | 240 | 4.5 | 1 | 30 | 210 | 0 | 7 | 21 |
| ✓ Purely Elizabeth Apple Cinnamon Pecan Superfood Oats, <i>GF</i> | 57 | 240 | 7 | 2 | 34 | 40 | 6 | 3 | 8 |
| ✓ Purely Elizabeth Cranberry Pumpkin Seed Superfood Oats, <i>GF</i> | 57 | 240 | 7 | 2 | 35 | 40 | 6 | 5 | 9 |
| ✓ Purely Elizabeth Original Superfood Oats, <i>GF</i> | 57 | 240 | 7 | 2 | 35 | 40 | 6 | 2 | 9 |
| Quaker 50% Less Sugar Apple Walnut | 38 | 150 | 4 | 0.5 | 26 | 290 | 3 | 5 | 4 |
| Quaker 50% Less Sugar Cinnamon Pecan | 40 | 160 | 5 | 1 | 26 | 135 | 3 | 6 | 4 |
| Quaker Apple & Cranberries | 51 | 190 | 2.5 | 0.5 | 36 | 190 | 5 | 12 | 7 |
| Quaker Maple Brown Sugar | 48 | 180 | 2.5 | 0.5 | 36 | 290 | 3 | 14 | 4 |
| Quaker Overnight Oats Blueberry Banana & Vanilla Bliss* | 65 | 280 | 5 | 1 | 52 | 210 | 6 | 18 | 10 |
| Quaker Overnight Oats Toasted Coconut & Almond Crunch* | 69 | 310 | 10 | 3 | 49 | 210 | 6 | 17 | 11 |
| Quaker Real Medleys Super Grains Banana Walnut | 70 | 280 | 8 | 1 | 49 | 200 | 5 | 19 | 7 |
| Quaker Real Medleys Summer Berry | 70 | 250 | 3 | 0.5 | 51 | 250 | 7 | 14 | 8 |
| ✓ Think Thin Honey Peanut Butter | 50 | 200 | 4.5 | 1.5 | 31 | 220 | 5 | 9 | 10 |
| ✓ Think Thin Madagascar Vanilla, Almonds, Pecans | 50 | 190 | 3.5 | 0 | 32 | 135 | 5 | 9 | 10 |
| Three Bears Apple Spice, <i>GF</i> | 75 | 290 | 8 | 1 | 51 | 340 | 10 | 14 | 8 |
| Three Bears Cranberry Vanilla, <i>GF</i> | 75 | 280 | 7 | 1 | 50 | 115 | 8 | 15 | 7 |
| Three Bears Wild Blueberry, <i>GF</i> | 75 | 290 | 6 | 1 | 54 | 115 | 8 | 16 | 7 |
| ✓ Trader Joe's Strawberry Raspberry | 57 | 220 | 3.5 | 0.5 | 38 | 0 | 6 | 5 | 9 |
| ✓ Trader Joe's Tart Cherry Chia & Pumpkin Seed | 57 | 230 | 6 | 1 | 36 | 80 | 6 | 6 | 9 |
| Umpqua Apple Walnut | 73 | 286 | 6 | 1 | 52 | 206 | 6 | 19 | 8 |
| ✓ Umpqua Blueberry Apple, Unsweetened | 62 | 245 | 6 | 2 | 40 | 3 | 8 | 2 | 9 |
| Umpqua Salted Caramel | 80 | 314 | 7 | 2 | 55 | 179 | 7 | 18 | 8 |

Note: g=gram, mg=milligram, sat fat=saturated fat, carbs=carbohydrates, DV=Daily Value, GF=Gluten Free. Daily requirement based on 2,000 calorie/day diet. Source: company websites and food packaging. *As prepared with milk **Includes sugar packet which contributes 80 calories, 290 mg sodium, 20 g carbs and 18 g sugar ***Includes sugar packet which contributes 90 calories, 290 mg sodium, 20 g carbs and 17 g sugar