



Baked Oatmeal Cups

# Oats: Embrace Energy

Feeling energized throughout the day can be attributed to several factors, like diet, sleep, and exercise. Learn more below about these certain factors and how they can affect your energy supply.



## Fuel Up

Start your morning routine with some nutritious options, like adding a bowl of Quaker oatmeal to your breakfast spread. Incorporating complex carbohydrates consistently throughout the day can help maintain your energy levels.

- Whether you prefer savory or sweet, oats are a versatile addition to some of your favorite dishes. From Oats and Spicy Nut Butter with Apples to the Savory Breakfast Bowl, oats can be a tasty dish any time of day.
- Monitor how you respond to caffeine to determine if you should avoid consuming stimulants with caffeine right before bed.
- Avoid eating large meals and spicy, fried, or fatty foods that might upset your stomach before bed.



## Get your ZZZs

Another important factor to feeling energized is getting an adequate and consistent amount of sleep. The National Sleep Foundation recommends adults sleep for 7 to 9 hours a night.<sup>1</sup>

- For those struggling to get some quality “zzz’s,” try room darkening shades to help block outside light or a white noise machine that can help block sounds that might interrupt sleep.
- Utilize calming scents, like lavender, in your sleeping area to create a tranquil environment.
- Create a pre-bedtime routine. Consistency is key and training your mind and body to wind down with non-stimulating activities, like reading, writing or listening to calming music, can be your ticket to some quality snooze time.
- Try to limit screen-time prior to bed, as these devices are shown to interfere with sleep by suppressing the production of melatonin.<sup>2</sup>



## Get Moving

Finally, not only is exercise good for the body, but it can also help you feel more energized. In addition, regular physical activity is associated with significant improvements in overall psychological well-being.<sup>3</sup>

<sup>1</sup>Hirshkowitz, M., Whiton, K., Albert, S. M., Alessi, C., Bruni, O., DonCarlos, L., Hazen, N., Herman, J., Katz, E. S., Kheirandish-Gozal, L., Neubauer, D. N., O'Donnell, A. E., Ohayon, M., Peever, J., Rawding, R., Sachdeva, R. C., Setters, B., Vitiello, M. V., Ware, J. C., & Adams Hillard, P. J. (2015). National Sleep Foundation's sleep time duration recommendations: methodology and results summary. *Sleep health*, 1(1), 40–45.

<sup>2</sup>Shechter, A., Kim, E. W., St-Onge, M., & Westwood, A. J. (2018). Blocking nocturnal blue light for insomnia: A randomized controlled trial. *Journal of Psychiatric Research*, 96, 196–202.

<sup>3</sup>American College of Sports Medicine, Chodzko-Zajko WJ, Proctor DN, Fiatarone Singh MA, Minson CT, Nigg CR, Salem GJ, Skinner JS. American College of Sports Medicine position stand. Exercise and physical activity for older adults. *Med Sci Sports Exerc*. 2009;41:1510–30.

# Oats for Energy

Oatmeal is a nutritious and tasty way to start your day. A bowl of cooked Old Fashioned or Quick oatmeal breaks down to become energy that's slowly absorbed by your body – this means it's energy that will last! Try this Oats and Spicy Nut Butter with Apples recipe to kickstart your morning routine.

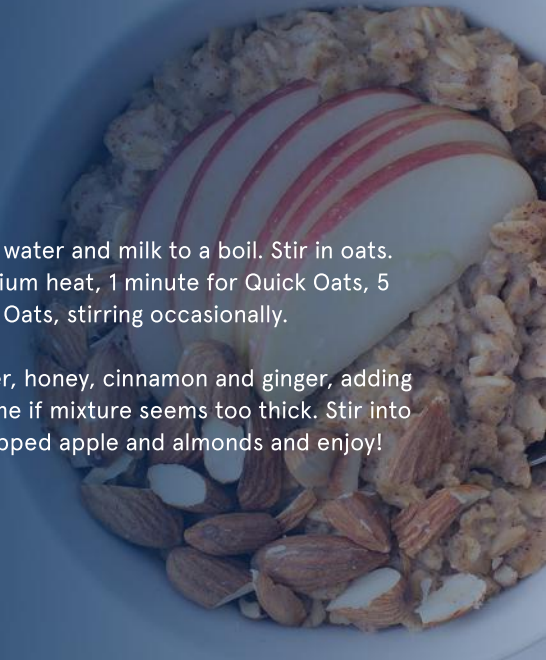
## Oats and Spicy Nut Butter with Apples

### Ingredients

- ½ cup Quaker Oats (quick or old fashioned, uncooked)
- ½ cup water
- ½ cup nonfat milk
- 1 ½ Tablespoons almond butter
- ½ teaspoon honey
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 1 Tablespoon chopped apple with peel

### Instructions

- In medium saucepan bring water and milk to a boil. Stir in oats. Cook uncovered over medium heat, 1 minute for Quick Oats, 5 minutes for Old Fashioned Oats, stirring occasionally.
- Stir together almond butter, honey, cinnamon and ginger, adding water 1 Tablespoon at a time if mixture seems too thick. Stir into hot oatmeal. Top with chopped apple and almonds and enjoy!



## Savory Breakfast Bowl

### Ingredients

- ½ cup Quaker Oats (quick or old fashioned, uncooked)
- 1 cup water
- ½ cup packed baby spinach leaves, long stems removed & coarsely chopped
- ¼ cup tomatoes, chopped
- 1 tablespoon (2 ounces) shredded part-skim mozzarella cheese, divided

### Instructions

- In medium saucepan bring water to a boil. Stir in oats. Cook uncovered over medium heat, 1 minute for Quick oats, 5 minutes for Old Fashioned Oats, stirring occasionally. Spoon into bowl. Stir in spinach; top with chopped tomato and shredded cheese. Optional – add black pepper to taste.

#### **COOK NOTE:**

Recipe can also be prepared with Quaker Steel Cut or Steel Cut Quick Oats. Follow package directions for cooking oats.



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