Oats

A filling breakfast food and a great source of energy to start your day.

Watch out for instant oatmeal which often has sugar, salt and other ingredients added. Opt for steel-cut or old-fashioned oats.

Great for breakfast in muffins, pancakes, bread, fruit crumble topping or filler in burgers.

Eat Well Berkeley aims to promote healthy food and beverage options for the UC Berkeley campus community.
uhs.berkeley.edu/eatwellberkeley