

OATS – A SUPERGRAIN: HARNESSING NUTRIENT SYNERGY FOR METABOLIC HEALTH

Dr Kejal Joshi, Nutrition Manager, Marico India Ltd., presented on the nutritional benefits of oats and their potential role in supporting metabolic health.

- The presentation highlighted India's growing burden of non-communicable diseases, linking it to dietary imbalances and the dual burden of undernutrition and overnutrition. Indian diets were described as relatively high in cereals and fats but low in pulses, dairy, fruits, vegetables, and nuts, compared with ICMR-NIN recommendations.
- It emphasized balanced diets, whole grains, quality proteins, healthy fats, physical activity, weight management, and regular health check-ups. Oats, millets, soya, and multi-sourced edible oils were presented as plant-based foods that can support these goals.
- Oats were particularly highlighted for their dietary fibre, β -glucan, protein, unsaturated fats, micronutrients, polyphenols, and low-GI characteristics. The presentation reviewed evidence suggesting that oats may support gut health, glucose control, weight management, blood pressure, and cholesterol through effects on digestion, metabolism, gut microbiota, bile acids, and short-chain fatty acid production.
- Overall, the presentation positioned oats as a nutrient-dense whole grain that can complement a balanced diet and also emphasized that incorporating this can be one component of a broader dietary and lifestyle approach to addressing India's growing burden of metabolic disorders.