

# Everything You Need to Know About the Oatmeal Diet for Weight Loss

Sara Ismail\*

Department of Medical Sciences, KN Modi University, India

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## Introduction

Around the world, oats are a popular morning dish. They're simple to prepare and highly adaptable. They're great in smoothies, milkshakes, and porridges, as well as cakes, cupcakes, muffins, and cookies. Oats have a multitude of health benefits, including weight loss. Did you know that you can lose weight by eating oats for all three meals of the day? [1]. That's because oats are high in satiating fibre, which curbs hunger and eliminates the desire to snack in between meals. Although it is not suggested to restrict your food intake to just one food type or food group, the oatmeal diet may be ideal for you if you want to lose weight quickly. However, it's crucial to realise that oatmeal isn't a miracle weight-loss food, but it can help if eaten in conjunction with other nutritious foods as part of a calorie-restricted diet [2].

## Weight Loss with Oatmeal

The oatmeal diet comes in a variety of forms, each of which is followed for a different amount of time by various people. There is one that is particularly restrictive, requiring people to eat only oatmeal for all three meals of the day, with a total of 1,300 calories consumed per day. After that, it's down to just two meals every day [3]. In another, oatmeal is served for two meals a day, with dinner consisting of a lean protein such as chicken or fish served with salad or sautéed vegetables. The second form is healthier in terms of nutrition because it contains more micronutrients such as vital minerals and vitamins.

## Weight-Loss Facts about the Oatmeal Diet

For the first two days of this seven-day diet, participants eat only oatmeal for all three meals of the day, then eat oatmeal for at least two meals of the day for the remaining two days. Finally, dieters eat oatmeal for only one meal per day for the next three days. This diet is more maintainable, and the calorie count progression is as follows: 100-1200 calories for the first two days, 1200-1400 calories for the next two days, and 1400-2000 calories for the final three days [4]. Oats work by delivering fibre to the body, which aids digestion.

## Other Health Advantages of Oatmeal

**Heart Protection:** "Oats are packed with antioxidants that prevent cardiovascular diseases," says Dr. Manoj Ahuja. Furthermore, dietary fibres in oats have been shown to lower bad cholesterol (LDL) while having no effect on good cholesterol (HDL)." Plant lignans, which are found in oats, are also known to protect against heart disease. As a result, including oatmeal in our regular diet may help lower cholesterol and maintain heart health.

**Regulates Bowel Motions:** Because oats are high in fibre (both soluble and insoluble), eating them on a regular basis may help to prevent constipation and ease bowel movements. Constipation can be avoided by including oats in your daily diet. As part of your breakfast, prepare them.

**Diabetes:** Oats have been shown to help control blood sugar levels, lowering the risk of type 2 diabetes. If you have diabetes, you should eat oats every day. Oats' high fibre content and complex carbs aid to inhibit the conversion of this whole food to simple sugars, while beta-glucan helps to postpone the drop in blood sugar levels before meals and the rise thereafter.

**Prevents Hypertension:** People with high blood pressure should eat oatmeal on a daily basis to help tackle the problem and, as a result, reduce the risk of hypertension. To keep your blood pressure under control, stick to an oatmeal diet [5].

**Protects Skin:** Oats have long been used to soothe itching and irritation while also delivering a variety of skin advantages. The American Academy of Dermatology claims that "Oatmeal has the ability to balance the pH of the skin. It also softens and moisturizes the skin."

## Intermittent Fasting Side Effects

Intermittent fasting, like most diets, has negative consequences. Because you've been fasting for such a long time, you're more likely to feel hungry. During the first few days of intermittent fasting, you may feel headaches. Hunger can influence your mood and make you unpleasant. These are some of the disadvantages of this eating strategy.

Every diet has advantages and disadvantages, and not every diet will be beneficial to us. As a result, it's critical to understand our bodies' requirements and to remember that having a healthy body comes first.

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\*Corresponding author: Sara Ismail, Department of Medical Sciences, KN Modi University, India; E-mail: [ismailsara@gmail.com](mailto:ismailsara@gmail.com)

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