

# Benefits of Oatmeal for Weight Loss

By [admin](#) On July 18, 2011 · [2 Comments](#)



The best benefits of oatmeal for weight loss is that it is a great source of fiber. The oatmeal is a soluble fiber, which means your body slowly moves this food product through your digestive system, allowing you to feel more satisfied for long amounts of time. As you feel more satisfied with all the intake of fiber, you will feel less tempted to overeat or take pleasure in snacks or unhealthy temptations. When your hunger pangs are naturally suppressed, you might be more capable of limiting the caloric and food intake; consequently, one's body starts to feed on stored fat cells so as to generate energy.

The other key benefit of oatmeal for weight loss is its ability to stabilize blood sugar levels and raise the body's metabolic fat reducing engines. Essentially, anytime you take in a food, your body converts the food into glucose (sugar). This intake of food and rise in glucose levels leads to a sudden energy rush, followed by an inevitable energy crash, as eventually you feel lethargic, tired, and may also experience headaches after consuming high-sugar or highly-processed foods. However, oatmeal has the opposite affect on the body.

As the fiber content allows our bodies to digest this food more slowly, the body doesn't react to this intake of food by immediately producing glucose and energy; to the contrary, oatmeal keeps the blood sugar levels more stable, as a steady amount of glucose is released at a steady rate.

Consequently, you'll feel less tired after eating. The best weight loss benefit of this helpful side-effect would be that the body's natural reaction to tiredness or fatigue would be to crave or consume a sugary food or treat, as this will provide the body with quick and short-term energy. This in turn would allow the body to continue to burn up fat stores for energy supplies.

Because of this sustained energy level provided by oatmeal it is a good idea to eat a bowl or two about 1-2 hours before your workouts. This will give you the energy and power for a longer and more intense workout!

When you are out shopping stay away from the instant styles that come loaded with sugars and other additives. Instead go for natural or organic steel cut oats. They take a bit longer to cook but are so much better for you. Need a little more taste? Throw in some fresh blueberries to add a supply of antioxidants or maybe some banana or strawberries.