

Oat and Cinnamon Squares

using Macphie Reduced Sugar Mississippi Mix and Reduced Sugar Vanilla Frosting

Oats:

- Rich in antioxidants, including avenanthramides. These lower blood pressure by increasing production of oxide which helps dilate blood vessels and leads to a better blood flow. Ferulic acid is another antioxidant which protects against oxidative damage caused by free radicals.
- Contains soluble fibre called beta-glucan which lowers LDL cholesterol (decrease total cholesterol levels), reduced blood sugar and insulin resistance, increased feeling of fullness, increased growth of good bacteria in the digestive tract.
- Decrease incidence of childhood asthma (by easing the symptoms of this inflammatory disease).
- Good for the skin, hydrating and relieving eczema.

Cinnamon:

- Loaded with antioxidants which protect the body from free radical oxidative damage (Polyphenols).
- Anti-inflammatory which helps body fight infections and repair tissue damage.
- Reduce heart disease (linked to premature death) decrease total cholesterol, LDL and triglycerides which 'good' HDL remains stable. Therefore, reduce blood pressure.
- Improve insulin sensitivity which increases metabolism and energy use. Essential for transporting blood sugar from bloodstream to cells. Therefore, powerful anti-diabetic effect. Decrease amount of glucose that enters bloodstream after a meal; slows breakdown of carbohydrates in digestive tract (interfering with specific enzymes involved in metabolism)
- Beneficial effects on neurodegenerative diseases, such as Alzheimer's and Parkinson's. Inhibits buildup of protein called Tau in the brain. Protects neurons, normalized neurotransmitter levels and improved motor function.
- Protect against cancer by controlling cell growth. Reducing growth of cancer cells and formation of blood vessels in tumors and appears to be toxic to cancer cells.
- Cinnamaldehyde fights infection. Antimicrobial effects prevent tooth decay and reduce bad breath.
- Cinnamon extracted from the cassia varieties is thought to fight against HIV-1, the most common strain of HIV virus in humans.

Wheat Flour:

- Phosphorus present works with calcium to build and maintain bone structure. Phosphorus also used for energy production and storage. Protein synthesis - component of DNA. Secondary function as a buffer, neutralizes acid to maintain a normal pH.
- Vitamin B1 converts energy in carbohydrate foods to ATP. Maintain proper nerve and heart functions.
- Calcium added, circulate blood, proper muscle function and formation, release hormones as well as create dense bones.

- Iron metabolism as a component of proteins and enzymes. Transfer oxygen to the lungs.
- Niacin: break down fats and proteins, converting foods into energy (as ATP). Skin and nervous system healthy. Reducing tiredness and fatigue. Psychological function.
- Thiamin convert carbohydrates in food as ATP used as energy. Energy to the brain and nerve signals. Essential for metabolism of Pyruvate.

Reducing Sugar Intake:

- Reducing sugar intake results in you having more energy, lose weight or stay at a healthier weight more easily. Triglycerides drop and fewer dental cavities occur.
- Fewer crashes: due to reduced number of reactive hypoglycemia (the 'crash' which results in sleepiness, hunger, anxiety that occurs 1-3 hours after eating a sugary meal). Avoiding sugary foods particularly on an empty stomach will stave off these symptoms.
- Sugar-laden treats are high in calories and often high in fat, low in fibre and other nutrients; contributing to obesity and metabolic syndrome (a precursor to Diabetes).
- Decreasing triglyceride levels in the blood will reduce the risk of heart disease and stroke.
- Fewer cavities: sugar traps bacteria and forms sticky carbohydrates and protein on the enamel of the teeth. The bacteria use fructose in the carbohydrate sugar to create lactic acid which wears away tooth enamel.
- Helps you look younger! Sugar is reported to contribute to the breakdown to two skin proteins, elastin and collagen. Cutting sugar in the diet will help you look younger.

Bibliography

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