

# Which is better oats or corn flakes?

## Detail Introduction :

As people's awareness of health, more and more people began to eat some coarse food. Various types of breakfast cereal foods have also become a darling of breakfast. The most hot in the market is oatmeal and cornflakes. They have very high sales, often appear on people's breakfast table.

However, many consumers don't know how to choose cornflakes or oatmeal. So which of these two breakfast cereals is better?

Which is better oats or corn flakes?

Breakfast cereals are new choices for people's breakfast, providing people with convenient and nutritious food. Oatmeal and cornflakes are the most popular breakfast cereals, both have their own advantages. However, if only the nutritional content is seen, the oatmeal is more winning. The protein content of oats is 13% to 15%, which is the highest protein content in cereals. The essential amino acid composition of oatmeal is reasonable, and the lysine content is higher than the wheat flour, rice and corn.



Oats and corn flakes are the best choice for breakfast. But overall, oatmeal is a better choice.

Oatmeal is a low sugar, high nutrition, high energy food, rich dietary fiber. The oatmeal can promote weight loss and low heat. In the daily consumption of wheat, rice, corn, etc., oatmeal is the highest value. Its benefits are mainly manifested in nutrition, health care and feeding value.

The corn is rich in dietary fiber, which can help weight loss, lower blood fat, and hyperose alcohol. They also have the effect of cholesterol. The two can play a certain coordination complement together and are beneficial to the human body.

In fact, the corn flakes and oatmeal are coarse food, which has more benefits to the human body. The identical point is that oatmeal and corn flakes contain very rich fibers, full of fullness, and low calories. As meal food, they can play a good weight loss effect.

But the water absorption of oatmeal is stronger, and it can make people feel a strong feelings. Can effectively control the intake of food, so you can suppress desires that you want to eat snacks. Thus make the weight loss effect better.

But it is worth noting that many of the cornflakes and oatmeals on the market will add a lot of sugar in order to pursue a richer taste. This makes the sugar content exceeds the standard. If you eat such food, you will not just lose weight, but will bring more harm to our body. Such as obesity, hypertension, high blood fat, and various cardiovascular and cerebrovascular diseases.

Therefore, whether it is oatmeal or a corn flake, it is best to choose some relatively pure, no added. In this way allows it to give full play to the advantage and add adequate nutrition for the human body.



Now the breakfast cereal market is very hot, more and more people start with oatmeal and cornflakes. For the majority of manufacturers, increasing production efficiency means achieving a broader market. Corn Flake Production Line is a new type of equipment widely received in the industry. Production is automated, simple operation, long use time, not easy to damage. Can be machined to produce a variety of breakfast grains such as oatmeal, cornflakes. Applying a wide range of applications that are worth trustworthy.

If you want to have stronger competitiveness in the market, please contact us. We will customize Corn Flake Production Line for you, I believe that our cooperation will make you satisfied!