

WE ONLY DO OATS



This leaflet is intended for Healthcare Professionals

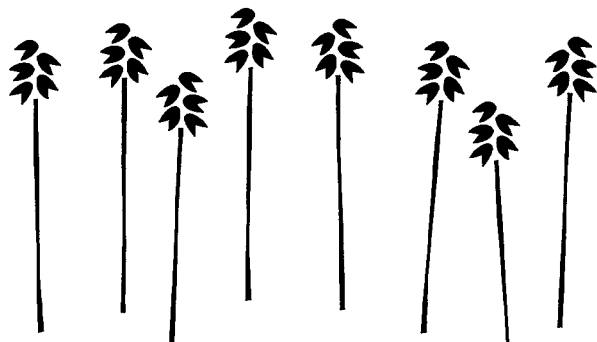
Oats (*Avena sativa*) are a valuable source of many nutrients. They contain protein of a higher biological value than many other grains. Oats are rich in unsaturated fats compared with other grains, as well as being naturally low in saturated fats. They contain complex carbohydrates and are a rich source of fibre, containing both soluble and insoluble fibre.

In the UK, where we continue to struggle to meet dietary recommendations for saturated fats and fibre^(1,2), oats may be a welcome addition for people trying to improve their diet.

Evidence suggests that oats lower both cholesterol and the postprandial glycaemic response^(3,4,5,6). Additionally, they may also help increase satiety, helping to maintain that 'full feeling' for longer^(5,7). Oats may therefore be of interest in the management of cholesterol, blood glucose and weight.

Oats also contain a number of other nutrients including magnesium, vitamin E, thiamin, folate and B₆, as well as phytochemicals which may offer additional benefits^(3,8,9).

Oatly is proud to produce a range of tasty, healthy and sustainable oat-based products. The range includes alternatives to milk, cream, crème fraîche and custard.



PLANT-BASED EATING

There is a move towards plant-based eating. This doesn't mean becoming completely vegetarian, many people are simply deciding to eat less animal products. A move towards plant-based eating offers benefits for both our health and the health of the planet.

A MORE HEALTHY DIET

Well-balanced plant-based diets, which include a wide variety of plant foods, have been shown to offer benefits to health. Studies have found plant-based diets improve several modifiable heart disease risk factors, including abdominal obesity, blood pressure, serum lipids and blood glucose. Consequently, plant-based eating patterns have been associated with a reduced risk of coronary heart disease (CHD) and diabetes, as well as obesity and certain types of cancer^(10,11).

Low intake of saturated fat and high intakes of vegetables, fruits, wholegrains, legumes, nuts and seeds (all rich in fibre and phyto-nutrients) are characteristics of plant-based eating patterns thought to be responsible for these potential health benefits⁽¹¹⁾.

One study has analysed the cobenefits of different types of eating patterns on both health and climate change. Transitioning toward more plant-based diets that are in line with standard dietary guidelines could reduce global mortality by 6-10% compared to a reference scenario (based on projections from the FAO) by 2050⁽¹²⁾.

SUSTAINABILITY

The global population is growing and it is estimated that there will be nine billion people on earth by 2050⁽¹³⁾. Plant-based eating offers environmental benefits with regard to greenhouse gas emissions, water consumption and land use.

Moving from dairy products to oat drinks is one way to help the health of the planet. According to a life cycle analysis (LCA) the greenhouse gas emissions with oat drinks, like Oatly, are just 20% of that generated in the production of cows' milk, furthermore, the land use is just 21% and energy use 40% of cows' milk production⁽¹⁴⁾.

Recommendations in the UK advise a reduction in both dairy and meat in favour of a move to a more plant-based diet⁽¹⁵⁾.

It is widely accepted that a healthy diet, consisting of at least two thirds plant, is consistent with dietary recommendations and offers benefits for both health and the planet^(15,16).

AVOIDING COWS' MILK

People may avoid cows' milk for a number of reasons, these include:

☛ Lactose intolerance

People with lactose intolerance have difficulty digesting the sugar (lactose) found naturally in milk. Symptoms typically include diarrhoea, flatulence, stomach bloating or cramps following the consumption of food or drink containing lactose. As this does not involve the immune system, it is not classed as an allergy.

People with lactose intolerance vary as to how much lactose they can tolerate. In some people a dash of milk will cause symptoms whilst others can tolerate a lot more. The incidence varies amongst different populations, being more common in some ethnic groups than others (17,18,19,20).

☛ Cows' milk protein allergy

Cows' milk protein allergy (CMPA), unlike lactose intolerance is classed as an allergy because the reaction to the cows' milk protein involves the immune system. CMPA is one of the most common food allergies seen in babies and children, with symptoms starting after the introduction of cows' milk. Symptoms can be similar to lactose intolerance, namely gastrointestinal in nature, but can also include reactions involving the skin, for example, eczema; respiratory disorders and occasionally anaphylaxis. Most children outgrow this allergy by adulthood(21,22,23,24).

All Oatly products are dairy free (free from lactose and milk protein). Additionally, as all our alternatives to milk (except Organic Oat drink) are fortified with calcium, vitamin D, riboflavin and vitamin B₁₂, you can be confident that these important nutrients are not missing from your diet.

Oatly oat drink - Original, Semi, Barista Edition and Whole can be used in cooking for most babies after 6 months of age. Normally, it is suitable as a main drink after 2 years of age, however, following a dietetic assessment it may be decided that it is suitable after 1 year of age(23,25).

With regard to people who are allergic to cows' milk, it is not unusual to see concomitant soya allergy. All of our products are dairy free and are also free from soya.

Oatly offers healthy dairy free alternatives to milk.

HEART HEALTH

In England, over half of adults have blood cholesterol levels above the recommended target(26).

A healthy diet, low in saturated fats and containing plenty of fruit and vegetables is the cornerstone of a heart-healthy diet.

Additionally, a number of foods have now been shown to lower cholesterol. These are soluble fibres in foods such as oats, foods enriched with plant sterols or stanols, nuts and soya foods. Indeed, the inclusion of soluble (or viscous) fibres like those found in oats, as part of the popularised 'Portfolio diet', alongside other cholesterol foods, has yielded results which compare well to first generation statins(27,28,29).

Studies suggest oat consumption providing at least 3g beta-glucan daily could be expected to offer reductions in total and LDL-cholesterol in the region of 5%(4).

The patented process used to make Oatly's drinks, means the beta-glucan remains intact. Consequently, all of our Oatly drinks are not only low in saturated fat but also contain beta-glucan.

Clinical studies show that the consumption of oat drink is linked with a reduction in cholesterol level when compared to cows' milk and suggests that the presence of beta-glucan make oat drink a suitable alternative for people wishing to reduce their cholesterol(30,31).

Oat beta-glucan, as part of a healthy diet and lifestyle, has been shown to lower cholesterol*. One 250ml glass contains approximately 1g of beta-glucan, one third of the 3g suggested daily intake.



Other foods that can help you introduce more beta-glucan are porridge, muesli or other oat based cereals, oat cakes, and oat enriched breads.

* High cholesterol is a risk factor for coronary heart disease.

ORGANIC OAT DRINK

Made from the purest oats, with just a few natural ingredients.

Fat and saturated fat free, no added sugar and very low in salt. It is also a source of fibre. Available in 1 litre cartons.

Ingredients: Oat base (water, oats* 10%), sea salt.

* Organic ingredient.



OAT DRINK - THE ORIGINAL

The original oat alternative to milk.

Low in fat and saturated fat, no added sugar and very low in salt.

Rich in unsaturated fat, riboflavin, vitamins B₁₂ and D; and calcium. It is also a source of fibre. Available in 1 litre cartons.

Ingredients: Oat base (water, oats 10%), rapeseed oil, calcium carbonate, calcium phosphates, iodised salt, vitamins (D₂, riboflavin and B₁₂).



OAT DRINK SKINNY - CHILLED

Oat drink with a similar fat content to skimmed milk. No added fat. Use as you use skimmed milk - great in coffee and tea.

Fat and saturated fat free, no added sugar and very low in salt.

Rich in riboflavin, vitamin B₁₂ and D; and calcium. It is also a source of fibre. Available in 1 litre cartons.

Ingredients: Oat base (water, oats 10%), acidity regulator (dipotassium phosphate), calcium carbonate, calcium phosphates, iodised salt, vitamins (D₂, riboflavin and B₁₂).



OAT DRINK SEMI - CHILLED

Oat drink with a similar fat content to semi-skimmed milk. Use as you use semi-skimmed milk, on cereals and in drinks - great in coffee and tea.

Low in fat and saturated fat, no added sugar and very low in salt.

Rich in unsaturated fat, riboflavin, vitamin B₁₂ and D; and calcium. It is also a source of fibre. Available in 1 litre cartons.

Ingredients: Oat base (water, oats 10%), rapeseed oil, acidity regulator (dipotassium phosphate), calcium carbonate, calcium phosphates, iodised salt, vitamins (D₂, riboflavin and B₁₂).



OAT DRINK BARISTA EDITION

Designed specifically for use in coffee and tea.

Low in saturated fat, no added sugar and very low in salt.

Rich in unsaturated fat, riboflavin, vitamins B₁₂ and D; and calcium.

Available in 1 litre cartons.

Ingredients: Oat base (water, oats 10%), rapeseed oil, acidity regulator (dipotassium sulphate), calcium carbonate, calcium phosphates, iodised salt, vitamins (D₂, riboflavin and B₁₂).



OAT DRINK WHOLE - CHILLED

Oat drink with a similar fat content to whole milk. Creamy taste. Use as you use whole milk, on cereals, in cooking and baking; and in drinks - great in coffee and tea.

Low in saturated fat, no added sugar and very low in salt.

Rich in unsaturated fat, riboflavin, vitamin B₁₂ and D; and calcium.

Available in 1 litre cartons.

Ingredients: Oat base (water, oats 10%), rapeseed oil, acidity regulator (dipotassium phosphate), calcium carbonate, calcium phosphates, iodised salt, vitamins (D₂, riboflavin and B₁₂).



OAT DRINK CHOCOLATE

Popular with children and adults alike - delicious hot or cold!

Low in fat and saturated fat; and low in salt.

Rich in unsaturated fat, riboflavin, vitamins B₁₂ and D; and calcium. It is also a source of fibre. Available in 1 litre cartons.

Ingredients: Oat base (water, oats 10%), sugar (3%), cocoa powder (1%), rapeseed oil, calcium carbonate, calcium phosphates, iodised salt, flavouring, vitamins (D₂, riboflavin and B₁₂).



CREAMY OAT & ORGANIC CREAMY OAT

The oat alternative to single cream - great for cooking and pouring.

Only 13g/100 ml fat (32% less than single cream) and rich in unsaturated fat - containing only 1.5g and 3g/100ml of saturated fat respectively (88% and 75% less than single cream). They also have no added sugar and are very low in salt.

Available in 250 ml cartons in the chiller cabinets and the specialist milk aisle respectively.

Creamy Oat Ingredients: Oat base (water, oats 10%), rapeseed oil, emulsifier (E472e), stabiliser (E415), iodised salt.

Organic Creamy Oat Ingredients: Oat base (water, oats* 10%), rapeseed oil*, palm oil*, emulsifier: rapeseed lecithin, stabiliser: xanthan, sea salt.

* Organic ingredient.



VANILLA CUSTARD

An oat-based alternative to custard, delicious hot or cold.

Rich in unsaturated fats and very low in salt. Available in 250 ml cartons in the chiller cabinets.

Ingredients: Oat base (water, oats 9%), sugar, palm oil*, rapeseed oil, emulsifier (E472b, E472e), vanilla flavour, stabilizer (E415), iodised salt, colour (beta carotene).

* Sustainable and certified.



CREAMY OAT FRAICHE

Use this oat-based fermented cooking base as you would use crème fraîche.

With no added sugar and very low in salt. It is also a source of calcium. Available in 200 ml pots in the chiller cabinets.

Ingredients: Fermented oat base (water, oats, starter culture), rapeseed oil, fully hydrogenated coconut- and rapeseed oil, potato starch, emulsifier (E472e), stabilizer (E407), acids (malic acid, lactic acid), calcium carbonate, calcium phosphate.



NUTRITIONAL COMPARISON OF OATLY AND COWS' MILK

Nutrition information (per 100ml)	Cows' milk (semi-skimmed)	Oatly Organic Oat drink	Oatly Oat Drink Skinny	Oatly Oat Drink Original
Energy kcals (kJ)	46 (195)	40 (160)	37 (154)	50 (190)
Fat (g)	1.7	0.5	0.5	1.5
Of which saturated (g)	1.1	0.1	0.1	0.2
Carbohydrates (g)	4.7	6.7	6.6	6.6
Of which sugars (g)	4.7	4.1*	4.1*	4.1*
Fibre (g)	0	0.8	0.8	0.8
Protein (g)	3.5	1	1	1
Salt (g)	0.1	0.11	0.1	0.11
Vitamin D (µg)	Trace	-	1.5 (30%**)	1.5 (30%**)
Riboflavin (mg)	0.24	-	0.21 (15%**)	0.21 (15%**)
Vitamin B ₁₂ (µg)	0.9	-	0.38 (15%**)	0.38 (15%**)
Calcium (mg)	120	-	120 (15%**)	120 (15%**)
Beta-glucan (g)	0	0.4	0.4	0.4

Nutrition information (per 100ml)	Oatly Oat Drink Semi	Oatly Barista Edition	Oatly Oat Drink Whole	Oatly Oat Drink Chocolate
Energy kcals (kJ)	46 (191)	59 (247)	57 (239)	60 (250)
Fat (g)	1.5	3	2.8	1.5
Of which saturated (g)	0.2	0.3	0.3	0.2
Carbohydrates (g)	6.6	6.6	6.6	10
Of which sugars (g)	4.1*	4*	4.1*	7.5*
Fibre (g)	0.8	0.8	0.8	1.1
Protein (g)	1	1	1	1.2
Salt (g)	0.1	0.10	0.1	0.16
Vitamin D (µg)	1.5 (30%**)	1.5 (30%**)	1.5 (30%**)	1.5 (30%**)
Riboflavin (mg)	0.21 (15%**)	0.21 (15%**)	0.21 (15%**)	0.21 (15%**)
Vitamin B ₁₂ (µg)	0.38 (15%**)	0.38 (15%**)	0.38 (15%**)	0.38 (15%**)
Calcium (mg)	120 (15%**)	120 (15%**)	120 (15%**)	120 (15%**)
Beta-glucan (g)	0.4	0.4	0.4	0.4

* Natural sugars from oats (with Chocolate 3g of the sugar is added sugar. The remainder is natural sugars from oats)

** Of the Nutrient Reference Values (NRV)

NUTRITIONAL COMPARISON OF OATLY AND SINGLE CREAM

Nutrition information (per 100ml)	Single cream	Oatly Organic Creamy Oat	Oatly Creamy Oat
Energy kcals (kJ)	193 (798)	150 (600)	150 (600)
Fat (g)	19.1	13	13
Of which saturated (g)	12.2	3	1.5
Carbohydrates (g)	2.2	6	6
Of which sugars (g)	2.2	3.5*	3.5*
Fibre (g)	0	0.7	0.7
Protein (g)	3.3	1	1
Salt (g)	0.03	0.1	0.1

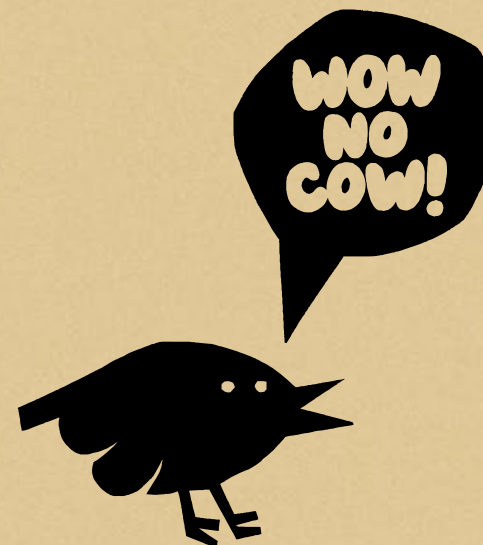
* Natural sugars from oats.

We are the
**POST
MILK**
Generation



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THE ORIGINAL

OATLY!

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