

# Otelia™ Oat Rice

## Product Description

Otelia™ Oat Rice is produced by using oat groats™ and by using a proprietary processing technology. This proprietary processing technology improves the quality of Otelia™ Oat Rice for better cooking time and digestibility while retaining the palatability and nutritional value.

Otelia™ Oat Rice can be cooked the same way as any regular white rice and it does not need to be pre-soaked or soaked overnight.

Unlike traditional usage for oats such as in oatmeal or oat flour-based recipes, Otelia™ Oat Rice can be used as a substitute for regular white rice to enhance any rice-based dish. Otelia™ Oat Rice is a natural health food, containing high amounts of dietary fibre, oat beta glucan, proteins, and vitamins. Otelia™ Oat Rice retains oats' natural aromatic flavour and provides a unique al dente texture that is not found in any regular white rice. Otelia™ Oat Rice is easy to digest and can be eaten by people of all ages, making Otelia™ Oat Rice a natural healthy inclusion to any meal and to obtain a healthy lifestyle.

## Otelia™ Oat Rice Features

1. Otelia™ Oat Rice contains soluble dietary fibre and oat  $\beta$ -glucan. Oat soluble fibre has been proven by the FDA to decrease total blood cholesterol, low density lipoproteins and reduce the risk of cardiovascular diseases. None of this can be found in regular white rice.
2. Oat soluble dietary fibre found in oats may help normalize blood sugar and may help people with diabetes control their blood sugar. Most nutritionists and medical doctors will ask people with diabetes to stay away from any regular white rice consumption.
3. Oat  $\beta$ -glucan and soluble dietary fibre in oat rice may improve digestive motility.
4. Otelia™ Oat Rice is rich in minerals such as selenium.
5. Otelia™ Oat Rice can be cooked the same way as any regular white rice and it does not need pre-soaking or soaking overnight.

## Product Application

Otelia™ Oat Rice can be used in a number of applications and can be used as a substitute for conventional white rice, brown rice and wild rice with added nutrition and benefits.

## Product Specifications

Appearance:	Oat kernel
Texture:	Chewy
Protein Content:	Average 12%
Moisture Content:	Maximum 10%
Usage Level:	5 – 100% (wt/wt)
Suggested Use:	Mix one cup of Otelia™ Oat Rice with two cups of regular white rice. No need to soak the Oat Rice. Wash and cook the combined rice according to the regular white rice cooking instructions, serve and enjoy. Use a different ratio of oat rice to regular white rice if desired.
Shelf Life:	24 months
Storage:	Recommended storage temperature below 20°C. To extend shelf life keep in a cool place away from sunlight.

## Typical Nutritional Profile

Nutritional Analysis (g/100g)*	
Energy (Cal/100g)	361
Energy (kJ/100g)	1510
Fat (Including Omega-3)	4.9
Omega-3	0.05
Omega-6	1.95
Carbohydrate (including fiber)	71.5
Protein	12.4
Ash	1.6
Moisture	9.6

\*Batch analysis only – variances may occur within crops which may cause deviations from these values.

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