Which is better oats or corn flakes?

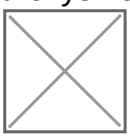
Detail Introduction :

As people's awareness of health, more and more people began to eat some coarse food. Various types of cereal foods have also become a darling of breakfast. The most hot in the market is oatmeal and cornflake 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 breakf cereals is better?

Which is better oats or corn flakes?

Breakfast cereals are new choices for people's breakfast, providing people with convenient and nutrient lif The oatmeal and cornflakes are the most popular breakfast cereals, both have their own advantages. How only the nutritional content is seen, the oatmeal is more winning. The protein content of natural oats is 13% which is the highest protein content in cereals. The essential amino acid composition of oatmeal is reasona 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 calori and low heat. In the daily consumption of wheat, rice, corn, etc., oatmeal is the highest value. It is 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. The oat have the effect of cholesterol. The two can play a certain coordination complement together and are very b to the human body.

In fact, the corn flakes and oatmeal are coarse food, which has more benefits to the human body. The bigg identical point is that oatmeal and corn flakes contain very rich fibers, full of fullness, and low calories. As a 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 effectiv control the intake of food, so you can suppress desires that you want to eat snacks. Thus make the weight effect better.

But it is worth noting that many of the cornflakes and oatmeals on the market will add a lot of sugar in orde pursue a richer taste. This makes the sugar content exceeds the standard. If you eat such food, you will no lose weight, but will bring more harm to our body. Such as obesity, hypertension, high blood fat, and variou cardiovascular and cerebrovascular diseases.

Therefore, whether it is oatmeal or a corn flake, it is best to choose some relatively pure, no added. Only in 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. Fo 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 highly 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 trustwo

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