- Food—fiber content

# Oats are healthy, but here's why you shouldn't have them daily

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Oats are a preferred breakfast option in many households because they are quick and healthy. The cereal grain goes well with milk and fruits — right from bananas to berries, you can make your bowl of oats more nutritious and colourful. However, making it a habit may not be a good idea. The whole grain cereal, well-known for various health benefits, has potential side effects, too. Check out the disadvantages of eating oats daily. barley or rye that can lead to crosscontamination," says nutritionist Deepika Jayaswal. If you have celiac disease or gluten sensitivity and you eat oats on a regular basis, it is important to choose certified gluten-free oats to avoid adverse reactions. Commercially available oats are not suitable in a gluten-free diet, as per research published in Nutrients.




FLATULENCE

The fibre content in oats helps improve digestion. However, excessive consumption may cause gas and bloating in some individuals, especially if they are not used to a high-fibre diet. Gradually increasing your fibre intake can help alleviate this issue.

Oats contain phytic acid, which can inhibit the absorption of certain minerals such as calcium, iron, and zinc. There is a solution for this problem: Soak or ferment them to reduce their phytic acid content.*

IT CAN LEAD TO WEIGHT GAIN

While oats are nutritious, they are also calorie-dense. So, they may lead to weight gain. When trying to manage your calorie intake, be mindful of portion sizes and avoid eating them regularly. Hundred grams of oats have 379 calories, according to the US Department of Agriculture.

NUTRIENT DEFICIENCY

Nutrient deficiency is one of the disadvantages of eating oats on a regular basis. While oats provide many nutrients, it's essential to maintain a balanced diet that includes a variety of foods to ensure you get all the nutrients the body needs every day." Relying on oats daily for breakfast may not help you get all the essential nutrients.