

Oat oil preparation makes you feel fuller

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Oat oil being prepared into supplement

Oats contain more fat than other cereals, and oat oil has a unique composition. A new study from Lund University, Härröd Research and Swedish Oat Fiber AB, shows a special oat oil preparation can produce greater satiety.

The study followed 34 healthy individuals who were given different quantities of the oat oil preparation as part of a normal breakfast. The researchers found that levels of satiety hormones in the intestines rose more with the oat oil preparation than with the placebo 3–7 hours after the meal (by anything from a tenth to half, depending on the amount of

oat oil and hormones).

Magnus Härröd has developed the new method of creating oat oil with extra high levels of polar fats. (Polar fats are not used to store energy; they are rather building blocks in the cell membranes and act as signal substances). The preparation resembles mayonnaise, but the fat particles are significantly smaller; both the particle size and special composition of the oat oil are thought to delay the breakdown of fat and/or its uptake in the gut.

The researchers discovered that this leads to increased release of three different satiety hormones, PYY, GLP-1 and CCK, which in turn makes us feel fuller and eat less. They also saw increased release of a hormone – GLP-2 – that promotes the growth of the intestinal cells, as well as beneficial effects on sugar and [free fatty acids](#) in the blood.

"Our results suggest that the oat oil preparation could be an effective dietary supplement that supports reduced energy intake in a healthy way. However, more studies are needed to confirm our results and further chart the mechanisms", says Lena Ohlsson, a medical researcher at Lund University.

The researchers also stress that bigger, long-term lifestyle changes are the most important when it comes to losing weight. However, our modern way of life has created an imbalance in satiety - and that is where a dietary supplement such as the oat oil preparation could be helpful.

"If we constantly eat high-energy food, our satiety signals become dulled. However, various supplements can influence metabolism or reinforce our satiety signals. Several previous studies have shown that higher levels of satiety hormones are linked to satiety and lower energy intake. I believe that the oat oil preparation that we have tested has what

is needed to keep you feeling fuller for longer and therefore makes it easier to refrain from overeating", concludes Lena Ohlsson.

More information: "Postprandial effects on plasma lipids and satiety hormones from intake of liposomes made from fractionated oat oil: two randomized crossover studies." *Food & Nutrition Research* 2014, 58: 24465. [dx.doi.org/10.3402/fnr.v58.24465](https://doi.org/10.3402/fnr.v58.24465)

Provided by Lund University

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