



WILD ABOUT OATS



Healthy living



The secret's in the oil



There was a time when Paterson's - like every other oatcake maker - used highly saturated palm oil in its recipes. That was before we discovered the health benefits of olive oil. As well as being lower in saturated fat, olive oil also helps keep cholesterol levels low, digestive systems working smoothly and hearts healthy. The evidence was compelling. And the outcome immediate. Paterson's switched to olive oil.

Today, we're the first and still the only Scottish company to use olive oil in our recipes. Which is good for us and great for you!

We've also developed some new products which contain sunflower oil. This brings the level of saturated fat down lower which is great news for you!

Health tips for healthy living

More and more people are recognising the health benefits of oatcakes. But not all oatcakes are the same. In fact, **ONLY Paterson's Oatcakes** offer you all this:



Paterson's are the only oatcakes to use less saturated, sustainable olive oil in the place of its cheaper, less healthy alternative, highly saturated palm oil.



This should keep nutritionalists happy! They caution us to monitor our intake of saturated fat since the liver uses it to produce cholesterol.



Wheat be gone! Every one of our oatcakes is made from a 100% wheat-free recipe.



It's common knowledge that fibre is good for your digestion, but did you also know there's evidence to suggest that eating a high fibre diet may also help reduce cholesterol levels in the bloodstream? All Paterson's Oatcakes are high in fibre.



People have become increasingly concerned about how much sugar they consume. Well there's no need to worry with Paterson's Oatcakes, they're all low in sugar.



Oats are rich in complex carbohydrates which release energy more slowly than sugars providing you with sustainable energy and delaying those hunger pangs for longer.



Palm oil plantations are viewed as the biggest threat to the survival of the orangutan which is why you will see an orangutan friendly logo on pack.