

## THE ANTIOXIDANT PROPERTIES OF OAT-BASED BREAKFAST CEREALS

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In the developed countries working hours are expanded and this condition caused to disappear the habit of having breakfast and nutritional value of the foods those eaten at the breakfasts. In addition refined foods have become popular in the diet. Foods which have low dietary fiber and antioxidant content are consumed predominantly as a result of this condition. Breakfast cereals both preparing practically and enriching with additives are put on market as a good alternative for the solution of problem. Cereal grains which are made from mainly corn, oats, rice, wheat and barley processed for ready for consumption are called breakfast cereal. In recent years oats taked attention because of positive effects on health and antioxidant content. Tocopherol, tocotrienol, aldehydes, cinnamic acid and benzoic acid derivatives are the most well known antioxidants. Recently, apart from these components, more than 25 congeners of avenanthramides which is unique to oats, have antioxidative effects, has been determined according to results of studies. The most known forms are 2c, 2p and 2f. Consume of oats and oat-based food products are increased because of including  $\beta$ -glucan and bioactive phytochemicals which have decreasing level of cholesterol. In studies, were determined that polyphenol content of oat-based breakfast cereals were close to fruit and vegetable content even they had significantly higher antioxidant activity than some fruits and vegetables. In this study, the dietary fiber and antioxidant content of oat-based breakfast cereals will be discussed.

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