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The Oatmeal Effect

This experiment attempts to replicate the advertising claims that eating a daily serving of oatmeal for thirty days will result in Total Cholesterol Level reductions. The effect of this claim on related and unrelated subject is included. Six subjects willing to eat oatmeal for thirty consecutive days and to undergo pre-study and post-study (at day 31) Overnight Fasting Cholesterol Test at their local lab were randomly assigned to one of two groups. The Experimental Group which ate a serving of oatmeal for thirty consecutive days consisted of two unrelated and two related subjects. The Control group which did not eat oatmeal consisted of one related and one unrelated subject. The data indicated that in the experimental group, all subjects had drops in Total Cholesterol Levels with a pre/post test change of -5 and -13 for relatives and -8 and -11 for unrelated subjects with a group average of -9.5. The control group showed a pre/post test change of 0 and +2 with a group average of +1. This experiment demonstrated that eating oatmeal can reduce Total Cholesterol Levels. Related and unrelated subjects responded similarly suggesting no genetics influence in this study. This experiment supported one of the "commandments" of good science--that science can be replicated. This study also provides helpful direction for people needing to better control their cholesterol. The actual subjects in this study indicated they would be more sensitive to eating healthier, a very worthy result indeed!