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Bioactivity of oats as it relates to cardiovascular disease

Danielle Ryan, Megan Kendall and Kevin Robards*

School of Wine and Food Sciences, Charles Sturt University,

Locked Bag 588, Wagga Wagga, New South Wales, Australia 2678

Abstract

The food consumption of oats has increased in recent years due to a perceived association with a range of health benefits. Oats are unusual in that the bran is not as physically distinct as in other cereals. This provides a possible benefit in providing a high β-glucan content of the grains. However, oats contain many other phytochemicals including a range of antioxidants that may be associated with health benefits although the evidence for such benefits is largely indirect and often confusing and contradictory. Nevertheless, consumption of oats as part of a balanced diet does seem a reasonable approach.

INTRODUCTION

Oats, *Avena sativa*, have historically been a multipurpose crop cultivated in temperate regions for numerous uses (e.g. hay, pasture, silage) other than for cash grain. Oats production until relatively recently had been in a long term decline as other cereals have provided better returns to farmers and the traditional use as feed for working horses has diminished. Nevertheless, total world production in 2005 was 24.6 million Mt [1] although only a very small proportion was for human food use and approximately 3 million Mt of the oat crop entered world commerce. Oats were less favored for food use than other grains because of a bland taste and a tendency to spoilage. Despite these issues, oats became a staple in Germany, Ireland, Scotland, and the Scandinavian countries. Gibson and Benson [2] note that oats were defined in Samuel Johnson's dictionary as 'eaten by people in Scotland, but fit only for horses in England. A Scotsman's retort to this is, That's why England has such good horses, and Scotland has such fine men!'. This remark contained considerable insight into the merits of oats as their worldwide food consumption increased dramatically in the 1980s as a result of the growing recognition of their nutritional value. It is notable that oats

were used for medicinal purposes before being used as a food [3,4] although the distinction between medicinal and food use of commodities is relatively recent [5].

De-hulled oats or groats are now used in a variety of food products. The outer layers of the groat comprise the bran which is not as structurally distinct as, for example, the bran of wheat. Thus, the dehulling process does not remove the bran and germ allowing the groat to retain a concentrated source of fibre and nutrients. Oats have a high β-glucan content which is of advantage in human nutrition, as it is considered to be anti-atherogenic [6,7], to enhance immune response to infection [8,9], to decrease peak insulin and glucose concentrations [10,11] and to be responsible for lowering serum/plasma cholesterol levels [12,13]. Oats may also provide a useful substitute for wheat products in patients suffering coeliac disease [14].

This paper examines the supposed health benefits of oats with reference to its phytochemical complement and, in particular, that of antioxidant compounds including the avenanthramides [15]. The salient features of relevant analytical methods are provided where appropriate to an understanding of bioactivity.

HEALTH BENEFITS OF OATS

Compared to other cereals, oats are characterised by a lower carbohydrate content [16], with higher protein and lipid contents. However, in common with other grains, starch remains the most abundant component where it constitutes about 60% of the dry matter of the entire oat grain. The lipid content which ranges from 4 to 16% in the groat [17], is the highest among all the common cereal grains [18] thus accounting for the greater tendency of oats to spoilage. This high lipid content is also undesirable from the human nutritional viewpoint and lower

lipid-content grains are generally favoured for food use other factors being equal. However, oats are rich in both mono- and di-unsaturated fatty acids [17] and compared to other cereals, oats typically contain more oleic and less linoleic acid. This lipid composition is desirable but research on nutritional aspects of oats has generally not targeted the lipid profile. On the other hand, a recent editorial [19] concluded that the health benefits of whole grains are associated with the bran or dietary fibre. Cereals contribute quantitatively the most important part of dietary fibre. Milling of cereal grains generally removes the bran and germ layers that are rich in fibre and phytochemicals, causing significant nutrient losses. Oats are exceptional in that they are usually consumed as the whole grain.

The first human trials on the effects of oat consumption on plasma cholesterol were reported in 1963 [20] and subsequent studies up to 1994 have been summarised [20]. In contrast to studies with wheat, most of the early studies plus more recent ones (Table 1) have reported a significant reduction in total- and LDL-cholesterol following consumption of oats either as rolled oats or as oat bran. Wheat bran is now considered to be inert in terms of cardiovascular disease and has been used in many studies as the placebo control. The presence of the phytoestrogen enterolactone in wheat gives a plausible explanation as to the beneficial effects infrequently observed when wheat is utilised as a placebo [29]. The evidence supporting the benefits of oats consumption was sufficient to induce the U.S. Food and Drug Administration to approve a health claim on food products relating to consumption of whole oats [32].

Nevertheless, studies of oat consumption have demonstrated positive as well as no effects on cardiovascular disease risk factors such as cholesterol concentration [33]. A meta-analysis in

which 20 trials were included, found a modest reduction of 0.13 mmol/l in total-cholesterol concentration following daily intake of soluble fibre from oat products for 18 days to 3 months [34]. Lovegrove et al [23] found no changes in fasting plasma concentrations of total-cholesterol, low-density lipoprotein (LDL) cholesterol and triacylglycerol but a decline in high-density lipoprotein (HDL) cholesterol following consumption of oat bran concentrate equivalent to a daily intake of 3 grams β-glucan for 8 weeks. In another study, plasma HDL-cholesterol concentration increased after a daily intake of oat bran for 6 weeks [35]. However, many other studies have reported a lowering of total and/or LDL-cholesterol concentrations following consumption of fibre from oat products [21,22,24,36-38]. The lowering effect was time dependent, related to apolipoprotein-E phenotype [33,37] and other dietary components and most pronounced in hypocholesterolemic men and women.

With the undertaking of the National Cholesterol Education Program Step 1 diet, total-cholesterol, LDL-cholesterol, triglyceride levels, intakes of total and saturated fats, dietary cholesterol, and BMI were all reduced within the all female (post-menopausal) experimental group after 3 weeks [25]. The additional intervention of an oat/soy or oat/milk protocol in conjunction with the Step 1 diet for a further six week period showed a continued significant reduction in total-cholesterol and LDL-cholesterol that was not found in those following a wheat/soy or wheat/dairy protocol. Significant trends discovered in analysis of the 3-day food records (taken between week 3 and week 9) included an increase in soluble fibre intake in the oat groups, with a decrease in soluble fibre in the wheat groups; an increased intake of both dietary iron (heme vs. non-heme iron not specified) and vegetable protein was also found in the oat groups. Dietary adherence was monitored by blood markers, food records and a matched-intervention log.

The National Cholesterol Education Program diet has been utilised in other studies of participants undergoing lifestyle change [26,27]. After an initial 5 weeks adhering to the Step 1 diet and lifestyle modifications, subjects were placed into one of two experimental groups: group one being assigned to an oat cereal with 3g/d β-glucan, and group two assigned to a corn cereal without soluble fibre; each intervention lasted 6 weeks. There was no difference between the groups for total caloric intake, percent calories as fat or saturated fat, or cholesterol intake. Additionally, there were no baseline differences in soluble fibre intake. With the addition of an oat-based meal containing 3g/d β-glucan, significant reductions in total-cholesterol and LDL-cholesterol were observed; these reductions were not seen in the corn group. It was not indicated whether the commercially available oat cereal used in the study was fortified with folate so confounding may have occurred as increased folate intake appears to lower homocysteine levels, a potential factor for vascular diseases. In the case of the Step 2 diet [27], an oat-enriched diet comprising 35-50 g/day of oat bran had an enhanced effect on lowering total and LDL-cholesterol.

While high plasma total-cholesterol and LDL-cholesterol are viewed as classic risk factors for cardiovascular disease (CVD), endothelial dysfunction has not been proven to anticipate coronary disease. However, endothelial dysfunction does correlate strongly with risk factors for coronary heart disease (CHD) such as obesity, diabetes, impaired glucose tolerance, and insulin resistance, which are known classic risk factors for CVD and CHD. Therefore, endothelial dysfunction is increasingly becoming viewed as an indicator of both micro- and macrovascular risk. A study involving consumption of oats-only, oats and vitamin E, or a placebo protocol revealed that in overweight, dyslipidemic adults neither the oats, the oats and vitamin, or placebo protocol increased flow-mediated vasodilation (FMD) significantly after either acute testing or after sustained consumption of six weeks in response to a high

predominantly saturated fat provocation meal [39]. However, the oat-only treatment did show a non-significant increase in FMD although the results of this study may be misleading in that the high fat provocation meal, which generally increases endothelial dysfunction in susceptible adults, did not induce acute endothelial dysfunction beyond that already presented by the participants at baseline. This and other studies by the same group [28,29,39] suggest that whole oats and vitamin E opposed the endothelial dysfunction induced by acute fat ingestion while wheat cereal, containing predominantly insoluble fibre, exerted no apparent effect.

As determination of habitual food intake was not employed in any of these studies [28,29,39], typical daily intakes of nutrients were not assessed. Factors such as habitual dietary fibre intake, in particular the amounts of soluble as compared to insoluble fibre consumed, could exert a level of confounding for which there was no accounting. Additionally, with study methods requiring the ingestion of a wheat- or oat-based breakfast cereal each day for a prolonged length of time, displacement of other breakfast foods could have occurred influencing 'normal' endothelial function. For example, with the displacement of high fat foods such as bacon by an oat based cereal, we would assume a reduction in endothelial dysfunction would occur due to limiting saturated fat intake. These factors could further influence glycemic control, and calorie intake and nutrient intake, which could confound results.

The importance of dietary fibre has been ascribed mainly to the water-soluble mixed linkage (1,3)(1,4)-β-D-glucans [40] which are the predominant polysaccharide constituents of endosperm cell-walls constituting approximately 85% of the wall in oats [41]. The β–glucan

content of oats varies widely [42,43] as shown in a trial involving five oat varieties in four variety trials during a two-year period where β-glucan content varied from 1.9 to 5.1% in the groats [44]. Dose-response data remain inconclusive [20] although the fibre composition of the oats is often not reported. Moreover, dietary fibre comprises four components: non-starch polysaccharides (soluble fibre including pectins, gums and mucilage but mainly β-glucans; and insoluble fibre including cellulose and hemicelluloses); lignin; resistant starch; and non-digestible oligosaccharides (raffinose, stachyose, oligofructose and inulin). Many analytical methods are available for measuring dietary fibre and some of these measure non-starch polysaccharides only whilst others measure all of the above components. This has implications when reviewing evidence regarding the health benefits of different types of dietary fibre and particularly dose-response curves.

The physiological effects of β-glucans have been ascribed to several mechanisms [32]. One proposed mechanism involves an increased viscosity of intestinal chyme due to their gel forming properties [30] which, in turn, disturbs micelle formation inhibiting cholesterol absorption. Reduction in serum cholesterol level by oat bran treatment has also been ascribed to an inhibition of the synthesis of endogenous cholesterol. However, a randomized study of 8 weeks duration suggested that this was not the cause [31].

While it is possible that the effects that oats exert on both endothelial function and serum/plasma cholesterol levels are solely attributable to β-glucan (soluble fibre) content of the grain, alternative explanations include phytoestrogens, antioxidants, level of folate fortification, increased polyunsaturated fat intake, a glycemic loading benefit, and even a decreased sodium intake as compared to refined grain sources such as bread [28,29]. In post-

menopausal women, an oat-only treatment exerted an effect on FMD closer to that of significance [39], however this was not observed elsewhere [29]. This may suggest that phytoestrogens exert a beneficial or protective action additional to that seen from the β-glucan components of the grain [20]. As vascular oestrogen receptors are considerably more abundant in women than men, a possible shift in the focus from the β-glucans present in oats to the phytoestrogen component of the grain, warrants further investigation.

PHYTOCHEMICALS

The health benefits of oats are often attributed to the presence of various phytochemicals including polyunsaturated fatty acids, oligosaccharides, plant sterols and stanols, and saponins rather than the bulk components. Whole grains such as oats are important dietary sources of water-soluble and fat-soluble antioxidants that include vitamin E, tocotrienols, selenium, phenolic acids, and phytic acid. These antioxidants have a range of activities and stabilities and thus are available throughout the gastrointestinal tract over a long period after being consumed. The ability to isolate and purify bioactive phytochemicals is critical to their study [45].

Knowledge concerning the biologically active minor components of oats was summarized to 1998 [13]. The range and diversity of bioactive compounds is vast and potentially ranges from simple low molecular weight volatile substances to polymeric species. Apart from those chemicals naturally present in oat grains, processed foods contain new compounds formed during processing and storage. For example, volatile Maillard reaction products, such as pyrazines, pyrroles and furans are formed during processing operations [46] and these species possess antioxidant activity [47]. However, the total amount of volatile compounds was higher

in native (ungerminated) oat than in processed oat [48] suggesting that processing induces significant changes in the oat. Quantitative data on phytochemicals often show great variability due to both sample and methodological variability. The effects of processing on the content and activity of potential phytochemicals is poorly characterized.

Antioxidants

The oat grain is rich in unsaturated lipids and lipolytic enzymes such as lipase and lipoxygenase [17] rendering the polyunsaturated fatty acids and lipid-soluble vitamins in the grain susceptible to oxidation. It is not unexpected that natural selection has endowed the oat grain with a complement of endogenous antioxidants. Various chemicals protect the lipids in oat grains against oxidation. These bioactive compounds which include tocopherols, L-ascorbic acid, thiol, phenolic amino acids and phenolic compounds [49] protect the plant cells against the destructive activity of free radicals; a protective effect that is evidently transferred when the oat is consumed. Prospective population studies consistently suggest that when consumed in whole foods, antioxidants are associated with significant protection against cardiovascular disease. The broad range of antioxidant activities from the phytochemicals abundant in whole-grains is thought to play a strong role in their cardio-protective effects. The most abundant antioxidants in oats are Vitamin E (tocols), phytic acid and phenolic compounds including avenanthramides but flavonoids and sterols are also present [50]. These antioxidant compounds are typically concentrated in the outer layers of the kernel [51] although in a study of four cultivars caffeic acid and the avenanthramides were predominantly found in groats, while many of the other phenols were present in greater concentrations in hulls [52]. Total phenolic contents of the four varieties of oats ranged from 209 to 294 mg/kg gallic acid equivalents (GAE) and 193 to 308 mg/kg GAE in the groats and hulls, respectively. The groats had significantly higher antioxidant activity than hulls.

When examining antioxidants, their chemical structure, concentration and activity are important considerations and the distinction between concentration or amount of an antioxidant and its activity are critical. Antioxidant activity is commonly evaluated using a diverse range of *in vitro* tests. These tests can be broadly classified into two categories based on their chemistry: hydrogen atom transfer (HAT) reaction based assays and single electron transfer (ET) reaction based assays [53,54].

Extraction of antioxidants from the oats is generally a pre-requisite in any comprehensive analysis scheme for determination of either concentration or activity. The range of solvents that has been used for extraction of antioxidants from oats includes diethyl ether and acetone plus various alcoholic extractants [55]. For example, methanol and propan-2-ol have been investigated for recovery of antioxidants from milled oats [56]. The efficiency of the extraction was assessed by measuring the concentration of total phenolic compounds and the antioxidant activity based on β-carotene bleaching and chemiluminescence quenching. Although propan-2-ol extraction was less efficient in terms of recovery of activity, its advantages for industrial application were detailed. Residues from the usual aqueous-organic extraction typically contain a significant amount of hydrolyzable phenols with a high antioxidant capacity (*vide infra*) that is usually ignored in the literature [57].

Our studies revealed that the amount of extractable matter increased with the polarity of the extractant but that greatest activities were found in aqueous methanolic extracts. Extraction of different cereal grains with water and aqueous methanol confirmed these findings [55]. The water extract of oats showed no antioxidant activity as measured by AAPH-

induced lipid oxidation in a liposome system but weak scavenging of the ABTS$^{.+}$ radical. This weak activity was not correlated with total phenol content and it was suggested that it may originate from the combined activity of phenols and protein. Data for the methanolic extracts also suggested that antioxidant species other than the phenols must be considered to account for observed trends. A protein rich oat extract reduced the initial oxidation rate of linoleic acid oxidation in an aqueous suspension containing lipoxygenase-1 [58]. The extract reduced the concentration of linoleic acid that acts as substrate for lipoxygenase-1 rather than acting on the enzyme itself.

Although the correlation of antioxidant activity of oatmeal, as measured by nitric oxide radical scavenging and β-carotene bleaching, with soluble fibre was relatively low (R^2 < 0.6) [59], a high correlation was observed between antioxidant activity and total phenolic compounds (R^2 = 0.99), flavonoids (R^2 = 0.99) and anthocyanins (R^2 > 0.98). Antioxidant activity of three commercial ethanolic extracts of oats plus a more hydrophobic propan-2-ol extract was measured by inhibition of human LDL oxidation and two free radical quenching assays [60]. Despite the diversity of procedures, a general pattern of antioxidant activity emerged in which activity increased with increasing total phenolic content. Minor differences in relative activity were assigned to the reactivity preference of specific phenols towards different radical types. The correlation of activity with phenolic content is consistent with other studies [61] and it appears that most of the antioxidant activity of oats resides with the hydrophilic components and particularly the phenolic fraction in the aleurone [62]. In this study, the contribution of oat tocols accounted for <5% of the measured antioxidant capacity although it has been noted [60] that the assumption of equivalent reaction rates between trolox (6-hydroxy-2,5,7,8-tetramethylchromane-2-carboxylic acid) and tocols on which the calculation was based is not necessarily correct in all cases. However, the error

introduced would not change the conclusion substantially although a potentially more serious flaw is that such assessments are typically based on simple chemical measurements that may be useful in predicting behaviour of oat extracts for food uses (e.g. as a natural food additive) but cannot accurately reflect the situation in the human body. The propanol extract in the above work [60] was effective at quenching both aqueous soluble free radical species and the peroxyl species generated during lipid oxidation in LDL particles. This was attributed to the diverse mixture of antioxidants in the extract. The antioxidant species in oats can therefore be classified as lipophilic (e.g. tocols) and hydrophilic (e.g. phenols). These exhibit diverse partitioning behaviour that can provide synergistic protection to the grain and to consumers of oats.

Tocols

Vitamin E is a generic term for the eight tocols exhibiting the biological activity of α-tocopherol. The tocols consist of four members each of tocopherol and tocotrienol (Figure 1). These differ in the number and positions of methyl substituents on the phenolic ring. As they comprise neither isomers nor homologues, the term E-vitamers is sometimes used to describe them collectively.

Tocols are lipophilic and thus intimately associated with lipid components of the sample matrix. Sample preparation procedures for analysis involve either solvent extraction or saponification using alkaline hydrolysis [63]. The method has a significant effect and saponification has been shown to increase yield by 25% [64,65]. Quantitation can be achieved by GC or HPLC [66-70]. For GC sample saponification is usually employed to eliminate acyl lipids which would otherwise interfere. This preparation step is not critical in HPLC and separation

has been achieved by reversed phase systems using fluorescence detection. Separation of all eight species is not necessary in some situations since many foods do not contain the full complement of vitamers. However, the ability to resolve all vitamers is desirable for cereal samples and since separation of the β- and γ-isomers of tocopherols and tocotrienols is difficult to achieve on most reversed phase columns, normal phase columns are also employed [65,71,72].

In a survey of 12 oat genotypes, grown at three locations in the USA, the concentration of total tocols ranged from approximately 20-30 mg/kg but with variation due to both genetic and environmental factors [73,74]. Oat grains contain predominantly α-tocotrienol with a lesser amount of α-tocopherol and small amounts of the β-homologues [75]. In Italian trials, growing location exerted a strong influence on accumulation of tocols in the kernel [71]. The effects of processing and storage on tocol concentration in oats have been largely ignored. Total tocols in rolled oats were reported [76] as 32 mg/kg with a distribution of vitamers similar to that of oat grain but in puffed oats the α–tocotrienol concentration was lower. Degradation of tocols was observed during storage at room temperature and the rate was enhanced by exposure to air [73]. α–Tocotrienol and α–tocopherol degraded faster than the other vitamers during storage.

The distribution of tocols in the kernel is uneven. Tocotrienols are abundant in the bran fraction of the endosperm whereas the tocopherols are located almost exclusively within the germ [71,73]. The profile in hulls and groats is similar but with significantly higher concentrations in the latter [77]. These considerations are significant since the tocols differ in their biological activities. The uneven distribution in the kernel is important as oats are

generally consumed as the whole grain. A positive correlation between tocotrienols and oil concentrations has been found in a range of oat varieties [78]. The tocol profile in the oil bodies reflected that in oat grain with α-tocotrienol accounting for approximately 66% of the total tocols [79]. An intrinsic association between the tocols and oil bodies was suggested in which the tocols provide oxidative stability to the membrane and/or oil of oat oil bodies. However, in a more recent trial, tocol and lipid concentrations were not correlated [64].

The tocol compositions of oat and barley are similar in that α-tocotrienol is the predominant species in both cereals. Table 2 compares the tocol content of oat with that of barley and whilst barley contains all eight tocols, the γ- and δ-vitamers are found in oats in trace amounts if at all [80]. However, closer examination of oats may yet reveal further tocols as some novel species have been identified in rice [81]. Indeed, the situation has not changed dramatically since 1993 when Balandrin et al [82] estimated that at least 85% of the world's estimated 250,000 species of higher plants had not been adequately surveyed for potentially useful bioactivity.

Carotenoids

Carotenoids are a diverse group of yellow orange pigments that are also associated with the lipidic fractions. They can be divided into two classes as carotenes and xanthophylls which share a common structural feature of a conjugated carbon carbon double bond aliphatic system. Analytical methods for their determination in oats [63] are well documented including problems associated with preparation of suitable standards [83]. Carotenoid data have been obtained historically by measuring total absorption at a specified wavelength, and many

currently available tables of food composition data are still expressed as β-carotene, β-carotene equivalents, or retinol equivalents.

Cereals are not a major dietary source as reflected in the limited data on cereal carotenoids. Amongst the cereals oats have a relatively low carotenoid content. Lutein with a concentration of 0.23 mg/kg (oat dry weight) was the major carotenoid of oats and also of other cereals [63] with lesser amounts of zeaxanthin and α+β-carotene.

Phytic acid

Phytic acid which has an established antioxidant function [84] has been measured in oats. Concentrations reported in a number of studies ranged from 5.6 to 12.7 g/kg [44,85-87] with variation due to available soil phosphorus and other environmental factors [44,88]. Data have been reported for both oats and groats but are insufficient to draw conclusions about relative levels. Apart from its antioxidant activity, phytate can complex with essential mineral nutrients thereby reducing their bioavailability [85]. However, phytate can be degraded by activating endogenous phytases during processes such as soaking, blanching and fermentation [89].

Phenols

The bioavailability and antioxidant capacity of oat phenols have been reviewed [90]. Phenols in oats may be classified in various ways such as free versus bound but we have chosen to distinguish simple phenols (e.g. phenolic acids such as caffeic acid) from the avenanthramides and the polymeric lignins (derived from lignans). Structurally, lignins are

related to the simple phenols in that they are heterochain copolymers produced from oxidative cross-linking of phenolic alcohols of the guaiacyl, syringyl and p-coumaryl types [91]. Lignins provide strength to the cells but they also exhibit antioxidant behaviour. The data on these materials in oats is too limited to reach any conclusions about their bioactivity other than to identify the need for further work.

Analytical methods for phenols are well documented [92-96] and usually involve alcoholic extraction of the ground groats or hulls followed by HPLC using gradient elution and reversed phase systems. Detection typically involves ultraviolet absorption although electrospray ionization mass spectrometry [97] is becoming increasingly common [98]. A major analytical challenge is the diversity of phenolic species and the absence of commercial standards particularly for the more complex species. Guth and Grosch [99] compared stable isotope dilution assay with a conventional method for the determination of both free and esterified caffeic and ferulic acids in oatmeal. The conventional approach detected 84% of the ferulic acid but only 32% of the caffeic acid, which was more susceptible to oxidation than the former.

Total phenols (Folin Ciocalteu), total anthocyanins and total flavonoids contents of Polish oats were 196.1, 835 and 177 mg/kg (dry weight), respectively [59]. In a study of three cultivars grown in the USA, the total phenols were 275, 310 and 323 mg/kg [100]. Simple phenols and avenanthramides measured by HPLC accounted for approximately 30-40% of the total phenols. This result is not surprising as it is well known that the Folin Ciocalteu method overestimates the total phenol content due to non-specificity of the reagent. An important distinction is that the term total refers to the phenolic content as determined by a

colorimetric procedure. The terms free and bound are used loosely to refer to the availability or extractability of an individual phenol or phenolic class. Thus, one can refer for example to total free phenols or total bound phenols or the result obtained by summation of both groups.

Free versus bound phenols

Phenols may occur as the free compounds, or as soluble conjugated and insoluble bound forms. Soluble phenols include ester linked glycerol conjugates, ether or ester linked glycosides, anthranilic acids and avenanthramides, flavonoids and ester linked alkyl conjugates [60] and the bioavailability of these compounds depends on their partitioning behaviour *inter alia*. The distribution between free, soluble and bound forms of phenolic compounds in cereals has been reported as 6%, 17-30% and 66-80%, repectively [60] but with wide variations between different cereals and depending on the fractionation method employed. Thus, phenolic compounds are rarely found in the free form in cereals; the majority are bound via covalent link with cell wall polysaccharides. In whole oat grains, free phenols accounted for 25% of the total, while the remaining 75% were in bound form [101]. Traditionally, analytical methods have emphasised the measurement of the free phenols and these methods have been applied directly and indiscriminately to whole grains. Free phenols comprise approximately 70-80% of the total phenolics content in common fruits and vegetables like apples, red grapes, broccoli and spinach [101]. In this way, the amount and activity of antioxidants in whole grains has been vastly underestimated. The importance of analytical science and methodology is underlined by these studies. As previously stated [102] "Every progress in methodology is a progress in science."

In vitro release of the free phenols from the covalently bound species requires severe conditions but relatively little is known about their bioavailability and their behaviour in the body where fermentation in the gastrointestinal tract may produce active metabolites. These findings re bound versus free phenols may help explain the contradictory results of population studies and short-term clinical trials. The latter yield inconsistent results whereas populations eating diets high in fibre-rich whole grains consistently have lower risk for cardiovascular disease and colon cancer. Anderson [19] noted that it is the synergistic effect of whole grains that is important and in this respect the oat grain is exceptional in that de-hulling does not remove the essential nutrients.

Simple phenols

The predominant simple phenols in oats are the phenolic acids but these are generally detected in low concentrations (<5 mg/kg) if at all in free forms [50-52,100,103,104]. Significantly higher levels were reported in a study of oats grown in the USA but extraction was conducted over 7 d [105]. Concentrations of individual phenolic acids of four varieties of oats ranged from 0.3 to 2.4 mg/kg in groats and 0.6 to 9.7 mg/kg in hulls with significant differences due to cultivar [52], growing location [100] and oat ripeness [106]. An unidentified flavan-3-ol had a higher concentration of approximately 25 mg/kg in both groats and hulls whilst a number of avenanthramides were tentatively identified with approximate concentrations of 2 and 6 mg/kg in groats and hulls, respectively [52].

In contrast with the free phenolic acids, significant quantities of bound phenolic acids are obtained following acidic or alkaline hydrolysis of samples (Table 3) although the levels are significantly lower in oat products than in other cereals [103,107,108]. Between seven and nine

phenolic acids are commonly detected in oats [104] but ferulic acid was dominant [77,103,105]. The distribution of ferulic acid between free, soluble conjugated and bound forms in oat grains was 0.4% 1.8% and 97.8% [101]. Hydroxycinnamates such as ferulic acid exist in Z(cis)- and E(trans)-forms, with strong evidence that the E-isomer is the naturally occurring form. However, the isomers are light-sensitive and generally undergo isomerisation during extraction [109].

Flavonoids such as kaempferol and quercetin constitute a significant part of the antioxidant fraction of most foods and total flavonoids in oats were reported as 177 mg/kg based on colorimetric measurement [59]. Total flavonoid content has been reported elsewhere [101] but data for individual flavonoids in oats are limited [110] probably due to the fact that other foods constitute a much richer source of these substances. Flavonoids were not detected in oats using a spray reagent [111].

The bioavailability of phenols in an oat extract was tested in hamsters by measurement of plasma concentrations [15]. HPLC of the extract revealed ca. 30 peaks with detectable redox potential and nine of these peaks were identified as phenolic acids and avenanthramides. Among identified phenols, avenanthramides were present at highest concentrations in the oat extract but the lowest concentrations in hamster plasma. Pharmacokinetic data established maximum plasma concentrations of 0.10 to 1.55 μmol/l and 0.03 to 0.04 μmol/l for the phenolic acids and avenanthramides, respectively. The *ex vivo* resistance of hamster LDL to Cu^{2+} induced oxidation was not altered by the absorbed phenols, but *in vitro* addition of ascorbic acid to the oat extract synergistically extended the oxidation lag time by 58%.

The extract also increased *in vitro* lag time of human LDL oxidation in a dose-dependent manner (P < 0.0001) with a synergistic effect on addition of vitamin C.

Dehydrodimers of ferulic acid constitute an important fraction of the phenolic content of oats [103]. Ferulic acid and to a much lesser extent, p-coumaric and possibly sinapic acid acylate cell wall polysaccharides. Monomeric ferulates are covalently cross-linked to polysaccharides by ester bonds and to components of lignin mainly by ether bonds [112,113]. Diferulates that link two polysaccharide chains together can become involved in the lignification process to produce a highly cross-linked lignin-polysaccharide network [114-118]. The "unique" function of ferulate in polymer cross-linking has been examined [119]. These ferulate cross-linked polysaccharides are an important structural component of cell walls of cereals [120,121] and hence of dietary fibre.

The dehydrodiferulates were components of insoluble dietary fibre with a concentration of 3599 mg/kg in this fraction [121]. Other reported results [103,113] are comparable with this value particularly when the limitations of methodology are considered [121]. In contrast, the concentration of dehydrodiferulates in soluble dietary fibre was 38 mg/kg. The arabinoxylans of the insoluble dietary fibre of oats were approximately 10 times more cross-linked than arabinoxylans of soluble dietary fibre. Extensive cross-linking may influence the physiological properties of dietary fibre of oats or other cereals. There is evidence of the bioavailability of the diferulates [122] which may also be important due to their antioxidant activities.

Mechanisms for the *in planta* cross-linking of cell wall polymers involve photochemical dimerization or radical dehydrodimerization of the hydroxycinnamates [123-125]. For many years, the sole ferulic acid dehydrodimer known was the 5-5'-coupled diferulate based on photochemical dimerization. However, it was shown that the dominant mechanism for cross-linking feruloylated polysaccharides was free radical coupling leading to dehydrodiferulates and dehydrotriferulates [126]. Radical coupling via the action of cell wall-bound peroxidases produced several regio-specific diferulates [127]. The full range of diferulates includes the 8-5'-, 8-O-4'-, 5-5'-, 8-8'- and 4-O-5'-coupled diferulates and, with the exception of the last named isomer, all diferulates were identified in insoluble dietary fibre and at much reduced levels in soluble dietary fibre [121]. However, some of these isomers may be artefacts arising from saponification during the extraction procedure [125].

Avenanthramides

Avenanthramides are found exclusively in oats. Chemically, avenanthramides are amides of different cinammic acids with different anthranilic acids [128]. They are distinguished based on their particular anthranilic acid component which may include anthranilic, 5-hydroxy-anthranilic, 5-hydroxy-4-methoxy-anthranilic or 4-hydroxy-anthranilic acids [129]. Avenathramides composed of anthranilic acid and 5-hydroxy-anthranilic acids are referred to as group 1 and 2, respectively. Further classification is derived from their cinnamic acid component, and may include p-coumaric, caffeic or ferulic acids, which are denoted as p, c and f, respectively. Alternative nomenclature has been used in the literature, for example [130,131]. Avenanthramides-2p (*N*-(4´-hydroxycinnamoyl)-5-hydroxyanthranilic acid), 2c (*N*-(3´,4´-dihydroxycinnamoyl)-5-hydroxyanthranilic acid), and -2f (*N*-(4´-hydroxy-3´-methoxycinnamoyl)-5-hydroxyanthranilic acid) (Figure 2) are most commonly investigated since they consistently appear in higher concentrations in oat extracts [129,130]. In fact,

avenanthramide-2c constitutes about one third of the total avenanthramide content in oat grain [132].

Avenanthramides constitute by far the major unbound phenolic antioxidants present in the oak kernel, including the bran and sub-aleurone layers (cited in [132]). Nevertheless, total concentrations of avenanthramides in oats are small, ranging from 2-289 mg/kg (cited in [129]). Bryngelsson et al. [77] investigated antioxidants in the groats and hulls of seven Swedish oat varieties and found that differences in the chemical composition between groats and hulls were not consistent, and that the chemical composition of hulls cannot be predicted by knowing the composition of groats and vice versa. In fact, avenanthramide content was only related to total lipids in the hulls. In all seven varieties, total avenanthramide content was higher in groats compared to hulls, with average concentrations of 13.7 ± 4.3 and 5.9 ± 3.8 mg/kg dry mass, respectively. Similarly, total antioxidant capacity was generally higher in groats than in hulls. With respect to oat groats, Peterson et al. [61] have shown that avenanthramides are more uniformly distributed within the groat compared to simple phenolic acids, and that concentrations of avenanthramides were not correlated with pearling processing time.

The avenanthramide content of three commonly consumed oat products has also been investigated; oat flakes, whole grain; oat flakes, pre-cooked, whole grain; and oat bran [103]. Total avenanthramides (avenanthramides-2c, -2p and -2f) content in oat flakes was 27 mg/kg fresh weight and 26 mg/kg fresh weight in the whole grain and pre-cooked whole grain, respectively. These results are double that found in the oat bran (13 mg/kg fresh weight). Such results may be explained by the different raw materials used in the production

of the flakes and bran, and the fact that oat brans are not particularly enriched by avenanthramides compared to flakes [103].

High levels of avenanthramides in oats were significantly correlated with freshness, low rancidity and bitterness, while the opposite was found for most other simple phenols which were investigated [133]. Dimberg et al. [134] have examined the impact of a variety of environmental, processing and storage conditions on avenanthramide contents in various oat products, and concentrations of avenanthramides in oats were cultivar dependent. Emmons & Peterson [100] reported significant cultivar × location interactions on the avenanthramide content (2c, 2f, 2p) of oats. Significant differences in avenanthramide concentrations as a result of growing year and application rate of nitrogen/hectare have also been observed [133], however differences in the avenanthramide concentration of oats grown using either organic or conventional cropping systems were not found [133].

Bratt et al. [135] have investigated the structure-antioxidant activity relationships of 8 avenanthramides. All avenanthramides were synthesised in light of the difficulties associated with isolation and recoveries of these compounds, and were amides of anthranilic acid and 5-hydroxyanthranilic acid with the common cinnamic acids p-coumaric, caffeic and ferulic, however sinapic acid was also included. Antioxidant activity was evaluated using two commonly employed approaches; reactivity towards DPPH (a hydrophilic, polar system) and linoleic acid (a lipophilic, non-polar system). Both methods aim to determine hydrogen atom transfer efficiency from the phenol to a radical. Results for both antioxidant assays showed that the initial relative reactivity of the cinnamic acids decreased in the same order such that sinapic > caffeic > ferulic > p-coumaric acid. This same trend was observed for the

corresponding avenanthramides in the DPPH system, but not for the linoleic acid system. This discrepancy is not surprising since it is known that results can vary among *in vitro* antioxidant assays as a result of the different chemistries and conditions used [50,135].

Peterson et al. [130] tested the *in vitro* antioxidant activity of synthetically produced avenanthramides 2c, 2p and 2f. The tests used to measure antioxidant activity included inhibition of β-carotene bleaching, and reaction with the free radical DPPH. In the β-carotene bleaching assay, the order of effectiveness was such that 2c > 2f > 2p in accordance with other results [135]. Comparison of the concentrations of avenanthramides that caused a 50% inhibition in β-carotene bleaching (EC_{50}) relative to the antioxidant BHT (butylated hydroxytoluene), showed 2c to be 2.4-fold higher, 2f 15-fold higher and 2p 62-fold higher. For the DPPH assay, the relative effectiveness of the antioxidants at the 50% reduction level was identical to that observed for the β-carotene bleaching. However, compared to the antioxidant trolox, the order of effectiveness was such that 2c > 2f > trolox > 2p. The relative reactivities of the three avenanthramides again reflected the antioxidant activities of their constituent hydroxycinnamic moieties.

It is apparent that avenanthramide-2c contributes significantly more to the total antioxidant activity measured in oat groats compared to other avenanthramides and as such has the most potential for *in vivo* effects. Indeed, Ji et al. [136] have found that the inclusion of avenanthramide 2c in rat diets altered oxidant-antioxidant balance in various tissues. Administration of avenanthramide 2c selectively attenuated exercise-induced ROS production and lipid peroxidation in rats. This has been related to the ability of the avenanthramide to influence tissue antioxidant enzyme systems such as superoxide

dismutase and glutathione peroxidase activities. The authors therefore recommend avenathramide 2c as a potential dietary antioxidant supplement, however its bioavailabilty, specific distribution and tissue concentrations in response to oral supplementation and exercise need to be further characterised.

The antiatherogenic activity of avenanthramides has been investigated *in vitro* [137]. Avenanthramides were found to exhibit a high capacity to inhibit adhesive interaction between endothelial cells through inhibition of adhesion molecule expression and to inhibit pro-inflammatory cytokines and chemokines. Such species are important in the recruitment of immune cells and leukocytes to the site of inflammation. The authors postulate that potentially, the mechanism for antioxidant inhibition of proinflammatory cytokines, chemokines, adhesion molecules, and HAEC (human aortic endothelial cell) adhesions to monocytes is mediated through inactivation of the NF-κB (nuclear factor- κB) signalling pathway. Avenanthramides have also been shown to be bioavailable in hamsters, and interact synergistically with vitamin C to protect LDL during oxidation [15]. The latter results were based on *in vitro* experiments only, in that oat phenols including avenathramides did not enhance *ex vivo* resistance of LDL to oxidation. Oat phenols increased the lag time to LDL oxidation in a dose-dependent manner, and lag times were increased synergistically by combining oat phenols with vitamin C. There is a general consensus that further research is needed to elucidate the mechanisms which underpin avenathramide bioactivity including anti-inflammatory and antioxidant activities, particularly *in vivo* [15,137].

The need for more sensitive and selective methods for determining avenanthramides is apparent, as is the need to isolate and identify unknown avenanthramides occurring in trace

quantities in oats [129]. For example, sinapic acid is also found in oats, yet it is not known whether avenanthramides derived from this cinnamic acid exist [135]. Avenanthramide determination is hindered due to the lack of commercially available reference standards. Mattila et al. [103] have therefore published response factors for each avenanthramide compared to the structurally similar tranilast [N-(3´,4´-dimethoxycinnamoyl)anthranilic acid]. Response factors relate to measurement at 350 nm based on analysis using HPLC with diode array detection. Response factors were 1.15, 1.42 and 1.37 for avenanthramides-2c, -2p and -2f, respectively. Improved analytical capabilities for avenanthramide determination will enable more accurate assessment of dietary intakes and facilitate production of prescribed diets by breeding of avenathramide-rich oat varieties.

Lignans

Lignans are diphenolic compounds which form the building blocks for lignin, a major component of plant cell walls. A limited number of food matrices have been comprehensively profiled for lignan analytes [138]. The available databases are generally based solely on secoisolariciresinol and matairesinol and largely underestimate quantities of lignans in foods. Thus, the overall level of lignan exposure that is important in relation to health and disease is not known [139]. A recent paper [140] comprehensively surveyed the lignan content of cereals, oilseeds and nuts.

Lignans in grain are concentrated in the outer fibre-containing layers [141]. Milling of oats would therefore have considerable impact on lignan content. For example, levels of secoisolariciresinol and matairesinol measured in oat bran were found to be 238 and 1550 µg/kg, respectively, compared to 134 and 3 µg/kg, respectively, in oat meal [141]. Intake of

whole grain cereals is therefore advocated, and in a Danish study of 857 post-menopausal women, blood levels of enterolactone were significantly higher in women consuming the most whole grains [142]. Concentrations of lignans in oats are comparatively lower compared to other grains. Compared to the whole meal of rye, wheat, barley, maize and rice, the content of secoisolariciresinol was lowest in oats (80 µg/kg dry weight) while matairesinol was present in oats in only trace amounts [143].

Lignans have been reported to induce a wide range of bioactivities [140] that includes action as phytoestrogens, together with the isoflavones and coumestans. Collectively, phytoestrogens are defined as plant derived compounds having an estrogenic effect [144]. Plant lignans do not have inherent estrogenic activity [145] but are converted by a range of intestinal bacteria to more bioactive mammalian lignans (also referred to as enterolignans). Upon ingestion, sugar moieties are hydrolysed and it is the released aglycones which are metabolised by bacteria in the gut to the enterolignans [139]. Dietary phytoestrogens such as lignans may also be weakly anti-estrogenic [146]. For example, enterolactone exhibits a biphasic nature *in vitro* and *in vivo* [138] and may act as a weak estrogen agonist or antagonist due to its structural similarity to that of endogenous estrogens [138].

Lignans have an antioxidant activity and although this activity has not been addressed in oats, Kitts et al. [147] have investigated the *in vitro* antioxidant activities of secoisolariciresinol diglycoside and its mammalian lignans, enterodiol and enterolactone. The hydroxyl and peroxyl radical scavenging capabilities of the lignans were assessed in lipidic and aqueous models, and tests included lipid oxidation in a linoleic acid emulsion system, degradation of deoxyribose by hydroxyl radicals to assess site-specific and non site specific scavenging

activities, and plasmid DNA nicking assay. All three lignans were similarly effective in lowering lipid peroxidation, however both mammalian lignans were more effective than secoisolariciresinol diglycoside in reducing deoxyribose oxidation and DNA strand breakage. The results indicate a structure-activity difference between the three lignans with respect to antioxidant activity, and potentially structure-function differences between plant and mammalian lignans.

OTHER PHYTOCHEMICALS

Oats contain a number of other classes of phytochemicals including sterols, stanols and saponins. These compounds share a common origin from the isoprenoid pathway. The dedicated pathway to sterol synthesis occurs at the squalene stage [148]. Cereals are recognized as significant sources of sterols and several sterols [149] have been reported in oats (Table 4). The total sterol content in Finnish oat varieties was 447 mg/kg [149] with β-sitosterol as the major sterol and with Δ5-avenasterol, brassicasterol and campesterol also present in significant quantities [149-153]. These four compounds constituted approximately 85% of the total sterols and all are 4-desmethylsterols [149]. Other sterols such as saturated stanols and 4-monomethyl- and [154] 4-dimethylsterols usually occur in much lower amounts. Sterol levels in rolled oats were at expected levels when compared with the corresponding grains suggesting that processing operations do not significantly impact on sterols.

Other published data [154] are in general agreement with sterol levels reported by Piironen et al [149,155]. Discrepancies where they do occur may be attributed to differences in analytical procedure or to real differences in the samples. Sterols occur in cereals as free sterols and in conjugated form, that is, steryl esters of fatty or phenolic acids, steryl glycosides and

acylated steryl glycosides [156]. The effect of extraction solvent and temperature on levels of free sterols and various conjugated forms in ground oats were investigated [80]. Whilst levels of free sterols, steryl fatty acyl esters, steryl glycosides and acylated steryl glycosides were comparable, ferulated steryl esters were not detected. In many cases, reported data are limited to free sterols and their esters due to analytical limitations. However, steryl glycosides comprise a significant part of the total sterol content in oats and other cereals [149]. Liberation of the free sterols from their glycosides can be achieved by acid or enzymatic hydrolysis. In this manner, total sterol content can be measured but it inevitably results in loss of information content from the sample. On the other hand, exhaustive extraction of sterols without prior hydrolysis enables analysis of the intact steryl ferulates. Steryl ferulates were detected in wheat and rye fractions using this approach but not in oatbran [156].

The saponins have attracted considerable interest as a result of their diverse properties, both beneficial and deleterious. They are a group of glycosides synthesized from mevalonic acid via the isoprenoid pathway and are derived from triterpenoid or steroid cyclisation products of 2,3-oxidosqualene [157]. Methods for their determination in plants [158,159] and oats [160,161] are well characterised. They can be classified into two groups based on the nature of their aglycone skeleton. The first group is comprised of the steroidal saponins and the more common triterpenoid saponins comprise the second group [162]. With the exception of oats, cereals and grasses are generally deficient in saponins. Members of the genus Avena synthesize the two different classes of saponins; the steroidal avenacosides which accumulate in the leaves and the triterpenoid avenacins in the roots.

The physiological activity and role of sterols and stanols in human health have been extensively reviewed [163,164,164-166,166,167,167-169] and, in the case of saponins,[157,162,170,171] a number of papers have specifically addressed the activities of oat saponins [160,172-176]. Saponins generally exhibit haemolytic properties and are toxic to cold-blooded animals. Their surface active properties distinguish this group of phytochemicals. Sparg et al [162] state that "they are believed to form the main constituents of many plant drugs and folk medicines, ... consider saponins and polyphenols key ingredients in traditional Chinese medicines, and are responsible for most of the observed biological effects." Lipid metabolism in slightly hypercholesterolemic subjects was affected by simultaneous intake of stanol esters and β-glucan [177]. The addition of both components to dietary muesli lowered LDL-cholesterol more than either component alone although the reduction was less than predicted.

PHYTOCHEMICAL STABILITY

The main commercially available derived products of oats are rolled oats, wholemeal, sifted flour and bran. The oat grain is inherently unstable once it is ground or flaked due to its relatively high oil concentration and high lipase activity. Hence, commercial processing exposes the grains to hydrothermal processes such as steaming, autoclaving or drum drying prior to flaking in order to inactivate enzymes. Hydrothermal processes may impact stability of the various phytochemicals. The commercial products are used in breakfast cereals or further processed for use as ingredients in a variety of breads, infant formulas and snacks. Changes in concentration and bioactivity [178] may occur during each of these steps and/or during storage. For example, degradative losses of approximately 50% of phenolic compounds may occur during extrusion [49]. However, commercial products generally retain significant amounts of phytochemicals such as antioxidants [179] although there are vast

differences in relative stability between and even within the various classes of phytochemicals [180]. Moreover, breakdown of cell structures during commercial processing may enhance bioavailability and degradation of phytochemicals. Indeed, a portion of oat antioxidants appears to be heat labile as suggested by greater activity of non-steam treated green oats [62]. For example, levels of vanillic acid, vanillin and, especially, p-coumaric acid, p-hydroxybenzaldehyde and coniferyl alcohol increased significantly in oat samples processed with hulls, but not in samples processed without hulls [134]. Ferulic acid increased in both processes, while caffeic acid and the avenanthramides were found to decrease during processing. Levels of phenolic acids generally increased during storage of unprocessed samples for 1 y; this increase was most pronounced after storage at high relative humidity.

The effect of various commercial hydrothermal processes (steaming, autoclaving, and drum drying) on levels of selected oat antioxidants varied with the nature of both the process and the antioxidant [180]. For instance, moderate losses of tocotrienols, caffeic acid, and avenanthramide-2p occurred after steaming and flaking of dehulled oat groats while ferulic acid and vanillin increased. The tocopherols and the avenanthramides-2c and -2f were not affected by steaming. In contrast, drum drying of steamed rolled oats resulted in a large decrease in total cinnamic acids and avenanthramides and almost complete loss of tocopherols and tocotrienols. Less pronounced losses were observed when the same process was applied to wholemeal made from groats. Avenanthramide concentrations exhibited a time- and temperature-dependent increase when intact raw groats were steeped [181]. The increase in avenanthramide concentration following processing has been attributed to *de novo* synthesis, release of bound forms or an increased extractability after processing [182]. The whole grain structure was required as no concentration increase was observed when groats were milled before steeping [181].

Table 1.

Summary of representative studies involving consumption of β–glucan from oats

Subjects	Oat product	Outcome	Ref.
62 healthy adults	fermented oat products	significant reduction in total-cholesterol	[21]
52 male adults (moderate hypercholesterolemia)	oat milk	significant reduction in total- and LDL-cholesterol	[22]
62 healthy adults	oat bran concentrate	no significant difference in total- or LDL-cholesterol, glucose and insulin between test and placebo (wheat product)	[23]
112 adults (hypercholesterolemic)	National Cholesterol Education Program Step 1 diet plus snack bar, cereal and beverage (containing phytosterols and β-glucan)	significant reduction in total- and LDL-cholesterol	[24]
127 female adults	National Cholesterol	significant reduction	[25]

	Education Program Step 1 diet plus oats/milk, oats/soy, wheat/milk or wheat/soy (cooked oatmeal or oat bran cereal)	in total- and LDL-cholesterol for oats/soy and oats/milk groups only	
152 healthy adults	ready-to-eat oat cereal	Significant reduction in total- and LDL-cholesterol	[26]
235 male subjects (hypercholesterolemic) overweight	oat bran (incorporated in bread, sauces and desserts)	significant reduction in toal- and LDL-cholesterol, apolipoprotein B	[27]
30 healthy adults	oatmeal and oat-bran rewady-to-eat cereal	No significant change in flow-mediated vasodilation after acute or sustained ingestion	[28]
50 healthy adults	rolled oats	Oat ingestion prevented endothelial dysfunction induced by acute fat ingestion	[29]
healthy adults (typically	oat gum	79-96% of change in plasma glucose and	[30]

10)

36 adults with elevated   oat bran

serum total-cholesterol

insulin attributable

to viscosity

Serum total-   31

cholesterol declined

transiently

Table 2.

Tocol contents (mg/kg dry weight) of oat and barley as measured by HPLC and total tocols obtained by absorption measurement [65,71,73]

	α-T	β-T	γ-T	δ-T	α-T3	β-T3	γ-T3	δ-T3	Total tocols
Oat	14.9	3.0	0.4		56.4	5.4			72.1
Oat	7.0	0.8	nd	nd	27.8	3.1	nd	nd	
Groats, dried	20.0	10.9	3.4	nd	55.7	5.0	0.6	4.4	40.9
Oats, rolled	17.1	9.5	3.5	nd	60.1	6.9	nd	2.9	28.3
Barley	8.6	0.9	5.6	0.7	40.3	8.7	10.4	0.9	74.7

T = tocopherol; T3 = tocotrienol. nd = not detected

Table 3.

Phenolic acid contents of oat products [52,103].

sample	Concentration mg/kg (dry weight)[a]								
	I	II	III	IV	V	VI	VII	VIII	IX
oat bran[b]	5.9	363	99	nd	26	13	24	31	154
oat flakes, whole grain[b]	3.9	275	57	nd	19	nd	18	22	121
Oats[c]	1.1	1.3	0.5	1.4	2.6	4.0	2.2	not measured	1.3
Groats[c]	2.4	1.2	0.5	0.7	1.6	0.9	0.3		1.2
Hulls[c]	0.9	1.7	0.6	2.1	4.0	9.7	7.7		1.7

[a] I = caffeic acid, II = ferulic acid, III = sinapic acid, IV = protocatechuic acid, V = vanillic acid, VI = *p*-coumaric acid, VII = *p*-hydroxybenzoic acid, VIII – syringic acid, IX = ferulic acid dehydrodimers. nd = not detected. [b] Bound phenols obtained after hydrolysis; [c] Free phenols.

Table 4.

Sterol contents of oats [149,154].

Sterol	Sterol concentration (mg/kg, dry weight)
brassicasterol	34
Campesterol	40-44
campestanol	trace
stigmasterol	15-18
sitosterol	277-303
sitostanol	10
Δ5-avenasterol	33-35
Δ7-avenasterol	11
Other sterols	32-39

Figure 1

Structures of the tocols. (a) tocopherols (b) tocotrienols.
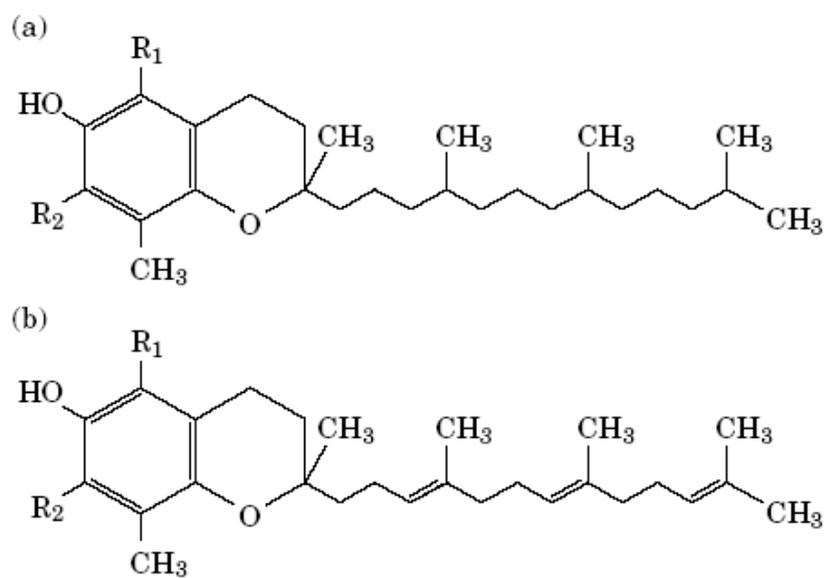
	R₁	R₂
α	CH₃	CH₃
β	CH₃	H
γ	H	CH₃
δ	H	H

Figure 2

Structure of avenanthramides.
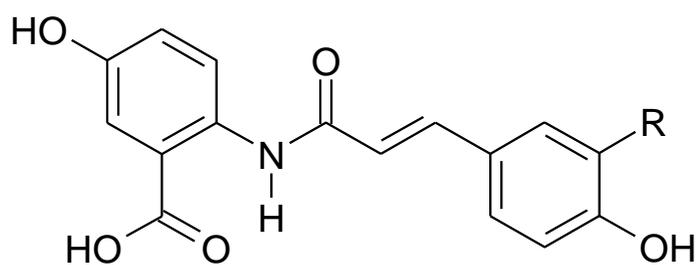
Avenanthramide	R
2p	H
2f	OCH_3
2c	OH

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