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nairn's oat cakes keep you feeling fuller for longer

If you're constantly on the go, health-conscious, or managing your weight, eating nutritious oat cakes can help by sustaining your energy and keeping you feeling fuller for longer. Therefore, if you're dieting, eating satisfying oat cakes can mean you find you need to eat less.

Forget the quick sugar fix and go for the natural tasty goodness of oats - the main ingredient of **nairn's** range of oat cakes – now wheat-free and known as an excellent energy sustaining source of nutrition and vitamins. If you have a busy lifestyle, the slow energy release properties of oat cakes will keep you going longer and help give you the boost needed to cram the most into a hectic day.

Made with natural ingredients, **nairn's** oat cakes are baked until crisp and invitingly brown around the edges using a simple recipe that is wheat-free, high in fibre, non-GM and has no added sugar. It is the high proportion of soluble fibre in oats that leaves you feeling fuller for longer and stabilizes blood sugar levels – especially important for dieters and diabetics.

And, in case this sounds too worthy, they are naturally tasty too. Try teaming oat cakes with marmalade, or fruit compote for an energy boosting breakfast; dip them in a tub of salsa for a savoury mid-morning snack; build lunch around them by spooning something delicious from a deli tub on top – such as tuna with sweetcorn, or maybe serve them with a favourite pâté as an evening snack. They are right for any time of day.

Choose from Rough, Fine Milled, Cheese, Organic or Mini varieties, available from supermarkets, independent grocers and health food shops, priced from 83p.

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Notes to editors:

1. **nairn's** is the no 1 oat cake producer in the UK and has been making oat cakes in Scotland for over 100 years.
2. **nairn's** oat cakes are made from best quality oats grown by Scottish Border Farmers to Conservation Grade standards, using traditional farming methods and reducing the need for unnatural supplements.
3. **nairn's** oat cakes are suitable for vegans and vegetarians.
4. **nairn's** website address is: www.nairns-oatcakes.com
5. **nairn's** oat cakes were awarded Bronze in the 2003 Great Taste Awards.

DIGITAL IMAGES (jpeg 300 dpi) AND SAMPLES AVAILABLE ON REQUEST**For further press information contact:**

Julia Laflin/Sandra Wagg
 Norton Cowan Communications
 22 Breer Street, London SW6 3HD

Tel: 020 7736 3665
 Fax: 020 7736 3608
 E-mail: nortonc@netcomuk.co.uk

Nutritional Information	Fine Milled Oat Cakes		Rough Oat Cakes		Cheese Oat Cakes		Organic Oat Cakes		Mini Oat Cakes	
	Per Oat Cake	Per 100g	Per Oat Cake	Per 100g	Per Oat Cake	Per 100g	Per Oat Cake	Per 100g	Per Oat Cake	Per 100g
Energy	158kj 38kcal	1910kj 455kcal	195kj 46kcal	1802kj 429kcal	160kj 38kcal	1971kj 471kcal	191kj 45kcal	1797kj 428kcal	79kj 19kcal	1910kj 455kcal
Protein	1.1g	12.0g	1.3g	11.7g	1.1g	13.4g	1.2g	10.9g	0.5g	12.0g
Carbohydrate of which sugars	5.2g trace	58.0g trace	6.9g 0.1g	63.5g 1.2g	4.4g 0.1g	54.0g 0.7g	6.1g 0.1g	57.7g 0.8g	2.4g trace	58.0g trace
Fat of which saturates	1.7g 0.6g	19.5g 6.5g	1.9g 0.8g	17.7g 7.4g	2.0g 0.9g	25.1g 11.1g	1.8g 0.7g	17.0g 7.0g	0.8g 0.3g	19.5g 6.5g
Dietary fibre	0.5g	6.0g	0.8g	7.8g	0.5g	6.2g	0.8g	7.6g	0.3g	6.0g
Sodium	trace	0.6g	0.1g	0.8g	0.1g	1.0g	0.1g	0.7g	trace	0.6g