

OREGON OATS

In the United States, most oats are steamed and flattened to create rolled oats.



Oats are often eaten in cold cereals and as hot oatmeal!

NUTRIENTS FOUND IN OATS

- ~ Oats are a good source of dietary fiber, which is one of the reasons that eating oats helps you stay full for longer.
- ~ Oats are an excellent source of the minerals phosphorus and magnesium.
- ~ Soluble fiber in oats contributes to heart health and lower cholesterol levels.

Oats grow well in cool, rainy climates, which is one of the reasons they are so popular in Scotland and Ireland.



Oats were originally seen as a nuisance weed and were pulled out when they were found in fields growing wheat and barley.



Many of the oats grown are used as feed for livestock.



Oats almost never have their bran and germ removed during processing, which means that they are virtually always eaten as whole grains!

