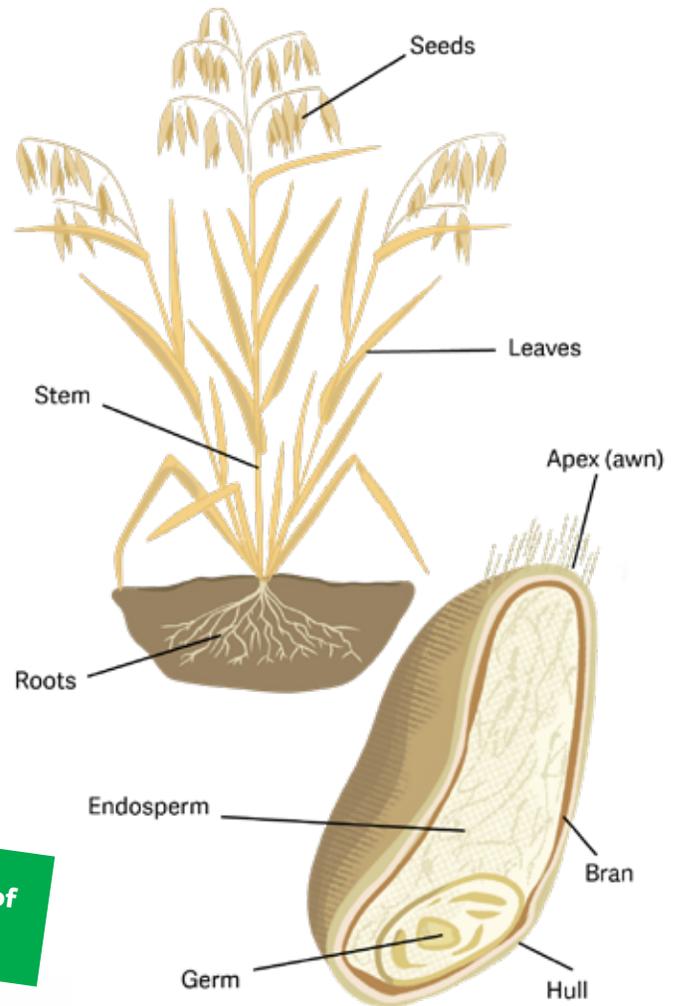


## WHAT ARE OATS?

Oats are a **small-grain cereal** and an important crop worldwide. Oat grains harvested from the field consist of a hard outer **hull** and an inner **kernel**. The kernel has three parts: the **bran**, the **germ**, and the **endosperm**. The bran and germ both contain healthy fiber, vitamins, and minerals. The endosperm mostly contains carbohydrates, and some protein.

Oats were first introduced to Canada in the early 17th century by European settlers.

Canada produces over 50% of world's oat grain exports



## A FUNCTIONAL FOOD

A **functional food** is a food that provides specific nutritional and health benefits. Oats are a functional food because they contain lots of **bran**, **fibre** and **beta-glucan** and may reduce the risk of heart disease.



## WHERE CAN I FIND OATS?

Oats are found in many **breakfast cereals** such as muesli, granola, and Cheerios as well as in muffins, cookies and other baked goods. Newer oat options include **oat milk** and **oat ice-cream**. Oats also have soothing properties that can relieve dry, itchy skin, so they are used in **cosmetics and lotions**.



One bushel (or 15.5 kg) of oats makes 50 boxes of Cheerios (350 g box) or 8.6 kg of oatmeal.



## SO MANY WAYS TO ENJOY OATS

Oat kernels with the hull removed are called **oat groats**. While oat groats can be eaten, they are usually processed into more edible forms such as **steel cut oats**, **rolled oats**, **Scottish oats**, **quick oats**, **instant oats**, **oat flour**, and **oat bran**.



## OATS ARE AN ENVIRONMENTALLY FRIENDLY CROP!

Oats are great for **crop rotations** on farms because they boast one of the lowest carbon footprints of Canadian cereals!

