
ALL ABOUT OATS

Get to know this gluten-free whole grain!

Types of Oats

- **Rolled oats**, a.k.a. “old-fashioned oats” are probably the most well-known variety of oats. They’re oat groats that have been steamed, roasted, steamed again, then rolled flat.
- **Instant oats** are basically the same as rolled oats except they’re cut into thirds before they’re steamed and rolled again.
- **Steel cut oats** are basically oat groats that are steamed, roasted, and cut into thirds. These oats take longer to cook and are chewier in texture than rolled oats.
- **Oat groats** are whole oat kernels with the hull removed. These need to be cooked for a long time but can be used in pilafs or in soups.
- **Oat flour** is made from rolled oats that are pulverized into a fine whole-grain flour that’s great for hearty baking.

Oats and Your Health:

1 cup of rolled oats contains 147% of your daily value (DV) for manganese, 33% DV dietary fiber and phosphorus, 28% DV magnesium, 25% DV thiamin, 21% DV protein, 20% DV zinc, and 19% DV iron. That’s quite a lot of nutrients! Oats are one of the highest-protein whole grains, and their vitamin and mineral content can’t be beat.

Of course, those nutrients aren’t just there to make oats look impressive. They’re also key to good health. You see, oats are rich in soluble fiber, which plays an important role in your body. For example, it can help you lower your blood pressure and your cholesterol levels. Oats can help reduce your risk of diabetes too. What a great grain food!

