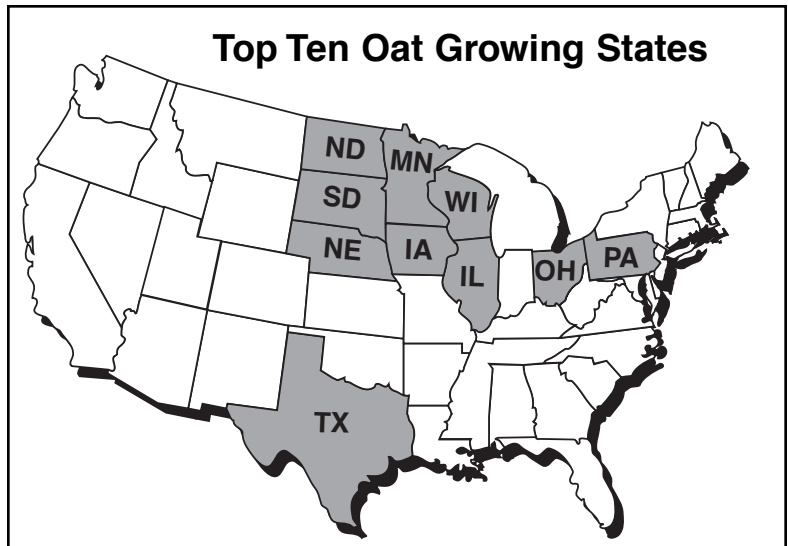


Facts Page

What is oatmeal?

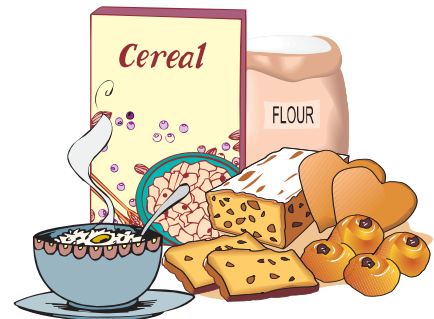
Oats are a grain used for centuries as animal feed, and they are a highly nutritious food for humans, too. People eat oats in the form of **oat groats**—oats that have been cleaned, toasted, hulled and cleaned again. Oat groats can be cooked and served as cereal, or prepared in the same manner as rice and used as a side dish, or in a salad or stuffing. When steamed and flattened with huge rollers, oat groats become regular **rolled oats** (also called old-fashioned oats). They take about 15 minutes to cook. **Quick-cooking rolled oats** are groats that have been cut into several pieces before being steamed and rolled into thinner flakes. They cook in about 5 minutes. Old-fashioned oats and quick-cooking oats can usually be interchanged in recipes. **Instant oats**, however, are not interchangeable because they're made with cut groats that have been precooked and dried before being rolled. They are much softer and will not work satisfactorily in recipes. Most instant oatmeal is packaged with salt, sugar and other flavorings. Oats are high in thiamin (vitamin B-1) and contain a good amount of riboflavin (vitamin B-2) and vitamin E.



Because oatmeal is a whole grain, it contains some fat—three grams of fat in a serving of oatmeal, to be exact. Fat is naturally occurring in all grains—it is located in the germ portion of the grain kernel. Oats do not contain cholesterol—no plant-based food does. But lengthy scientific research has shown that eating oats reduces the cholesterol level in our bodies. So oats are healthy, inexpensive, and

Oat Foods We Enjoy

- oat bran
- oat flour
- hot oatmeal (rolled oats)
- oat flake cereals
- oatmeal in cookies, cakes, bread, muffins, granola



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