

ALL ABOUT OATS



HEALTH BENEFITS OF OATS

Oats can lower cholesterol and blood sugar levels, improve heart health, and weight management. Oats are rich in various vitamins and minerals, and they can promote gut health and improve digestion.



Nutrition Facts	
Portion Size	156 g
Amount Per Portion	
Calories	607
% Daily Value *	
Total Fat 11g	14 %
Saturated Fat 1.9g	10 %
Sodium 3.1mg	0 %
Total Carbohydrate 103g	37 %
Dietary Fiber 17g	61 %
Protein 26g	52 %
Vitamin D 0mcg	0 %
Calcium 84mg	6 %
Iron 7.4mg	41 %
Potassium 669mg	14 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

WHAT IS OATS?

Oats are a whole grain food source that offers several benefits including energy, fiber, and essential nutrients. Oats are also gluten-free.

DIFFERENT TYPES OF OATS

Oats come in several forms, with the main types being rolled oats, steel-cut oats, and quick oats. Each type has a distinct processing method, resulting in different textures and cook times.

- **Rolled Oats:** also called old fashioned oats are made by steaming and rolling groats into flakes. They cook in 5-10 minutes and have a firm texture.
- **Steel-cut oats:** also called Irish or pinhead oats. These groats have been cut into 2-3 pieces using steel blades. They have a chewy texture and nutty flavor.
- **Quick oats:** Similar to rolled oats, they are cut smaller and rolled thinner. They cook in 1-2 minutes and have a soft texture.



Yum!



Delicious!



FUN FACTS

- People buy oats in January more than any other month.
- January is celebrated as oat month.
- Quaker Oats was the first breakfast cereal to be a registered trademark.
- The most popular oatmeal toppings are milk, sugar and fruit.
- Oats are grown all over the world. Russia and Canada are two of the leading countries for growing oats.
- Oats were once thought to be weeds.
- We eat the seeds of an oat plant also known as oat groats.
- Oatmeal is considered a grain.
- In the U.S. 95% of the oats grown are used for animal feed.
- The Ancient Greeks and Romans were among the first people to eat oats known to them as porridge.

OATS IN SOUTH DAKOTA

South Dakota is a major producer of oats in the United States. Oats are a popular crop for livestock feed, and they can also be used to make oatmeal and oat flour. Oats are part of the grass family and grow quickly. On average South Dakota produces 10.7 million bushels of oats.

- Oats are grown all over South Dakota.
- Oats are a favorite food for farm animals.
- Oats can be used to make oatmeal.
- Oats are a healthy choice.
- Oats can grow quickly.
- Oats are a nutritious plant.
- South Dakota is a top oat producer.
- Oats help keep the soil healthy.
- Oats can be used as a green manure. Green manure is using plants as cover crops to improve soil health by tilling the plants into the soil while they are still green.



**WHAT DO YOU GET WHEN YOU
CROSS OATMEAL AND DUCKS?
QUACKER OATMEAL**

