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- High in B vitamins thiamin, folate & pantothenic acid
- Great source of manganese important for bones, skin and blood sugar control. Also high in phosphorus, potassium & calcium
- High in beta-glucan, a soluble fiber, helps lower cholesterol and blood sugars, contributes to healthy bacteria in the colon
- Good for weight control since the high fiber contributes to fullness & satiety

Nutrients in Oats

- Rolled: 150 Calories, 5 gm protein, 4 gm fiber, 3 gm fat, no cholesterol
- Steel-cut: 170 Calories, 7 gm protein, 5 gm fiber, 3 gm fat, no chol

1/2 cup uncooked oats provides:

The Health Benefits of Oats



Both steel-cut and rolled oats are whole grains. Steel-cut are less processed, taking longer to digest. Rolled oats are sliced with steam which cooks them slightly.

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