

# OAT FUN FACTS

Oats were once thought to be weeds.

More than one-half of the world's oats are grown in the U.S. and Canada.



Oats are higher in protein and healthy fats and lower in carbohydrates than most other whole grains.



In the United States, 95 percent of the oats grown are used for animal feed.

January is National Oatmeal Month.