

OATS

A Functional Food

A functional food is a food that provides specific nutritional and health benefits. Oats are a functional food because they contain lots of bran, fibre and beta-glucan and may reduce the risk of heart disease.

Saskatchewan is an important oat growing region, with most oats exported to the USA.

The oldest oat grain was found in Egypt among remains that were from 2,000 B.C.E.



For the Animals

A little less than half of oats are grown for livestock purposes to provide feed, hay or silage. Oats are an important part of many animals' diets, including cattle and horses, and are also used for their bedding.

Oats were first introduced to the Prairies in the mid-1700s.



Where Can I Find Oats?

Oats are found in many breakfast cereals such as muesli, granola, and Cheerios as well as in muffins, cookies and other baked goods. Newer oat options include oat milk and oat ice-cream. Oats also have properties that make it soothing on the skin so are used in some cosmetics and lotions because they can relieve dry, itchy skin.

