

Oats are a cereal grain which means they are the seed of the grass family of plants belonging to the botanical family Poaceae, or Graminae. Unlike wheat and rye, oats grow with a husk covering the seed.



Whole grains such as oats contain dietary fibre, a range of essential nutrients and over 26 bioactive substances such as phenolic compounds and plant sterols.¹

It is the whole package of fibre, nutrients and bioactives acting synergistically that are thought to help protect against chronic diseases such as heart disease, diabetes and cancer.¹

Whole grain structure showing location of key nutrients

Bran

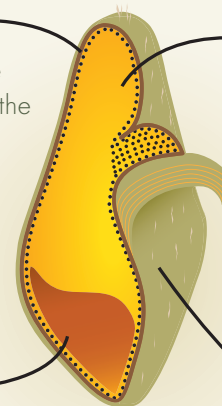
The outer layer of the grain which includes the aleurone layer

- Fibre
- Protein
- B Vitamins
- Trace Minerals
- Phytochemicals
- Enzymes

Germ

Embryo from which the seedling develops

- B Vitamins
- Vitamin E
- Trace Minerals
- Phytochemicals
- Antioxidants
- Unsaturated fats



Endosperm

Provides nourishment to the germ

- Carbohydrate
- Protein
- Some B Vitamins
- Oil

Husk (or hull)

The outer protective shell of the grain

A serve of goodness...
a 40g serve of rolled oats contains:

- ✓ 629kJ (150 calories)
- ✓ 23g carbohydrate
- ✓ 4.4g protein
- ✓ 3g saturated fat
- ✓ 4g fibre



Source: OATS FOR HEALTH (2014) Unpacking the Oat Grain - Michelle Broom, APD, Nutrition Program Manager, Grains & Legumes Nutrition Council
Reference: 1. Fardet, A. (2010). New hypotheses for the health-protective mechanisms of whole-grain cereals: what is beyond fibre? Nutr Res Rev 23(1): 65-134.