Information for healthcare professionals

FACT SHEET #2

OATS: A UNIQUE PACKAGE OF NUTRIENTS

TAKEN FROM Oats FOR HEALTH

UNCLE TOBYS

Oats are a cereal grain which means they are the seed of the grass family of plants belonging to the botanical family Poaceae, or Germinae. 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

Endosperm
Provides nourishment to the germ
- Carbohydrate
- Protein
- Some B Vitamins
- Oil

Germ
Embryo from which the seedling develops
- B Vitamins
- Vitamin E
- Trace Minerals
- Phytochemicals
- Antioxidants
- Unsaturated fats

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.

For a copy of Oats for Health (2014) email **anne-marie.mackintosh@au.nestle.com**