

# Oat Fun Facts



In the U.S., most oats are steamed and flattened to produce rolled oats, sold as “old-fashioned” or regular oats, quick oats, and instant oats. The more oats are flattened and steamed, the quicker they cook – and the softer they become.

Oatmeal rated #1 among breakfast foods, and #3 overall, in an Australian study of foods that make people feel full and satisfied the longest.

Unlike other widely eaten grains, oats almost never have their bran and germ removed in processing.

Because of their natural anti-itching properties, oats are used in the cosmetic industry for a variety of products. They are also used in the food industry as a stabilizer in foods like ice cream.

Oats grow best in cooler climates with plenty of rainfall – conditions inhospitable to most grains. This explains why they’re so popular in Scotland and Ireland!

Russia, Canada, the United States, Finland, and Poland are the world’s leading producers of oats.

An 8-ounce package of old-fashioned oats contains about 26,000 rolled oats.

Source:  
Whole Grains Council  
([wholegrainscouncil.org](http://wholegrainscouncil.org))



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