



# 4 Questions about Oats

1

## Where in the world are most oats produced?

Oats need a cool climate to grow, which is perhaps why Canada is one of the world's leading countries for production and export of high-quality oats. Annually, Canada produces about 3 million tonnes of high-quality oats and exports to countries such as the USA, Mexico, Chile, Peru and Japan. Other countries that lead the production of oats are Russia and the European Union.

2

## Are oats genetically modified?

No, there are no GMO oats.



3

## Are oats gluten-free?

Oats do not contain gluten. Oats contain proteins called avenins that are tolerated by most celiacs (perhaps less than 1% of celiac patients show a reaction to a large amount of oats). If you are following a gluten-free diet due to medical reasons, please consult with your doctor before consuming oats. Small amounts of gluten can occur if oats are grown in a field that had gluten-containing grains on it in recent years or produced in the same facility as wheat, barley, and rye, as the oats may mix with other grains that do contain gluten. Therefore, if you are on a gluten-free diet it's recommended that you consume oats labelled as gluten-free.

4

## Are oats a part of a healthy diet?

Yes. Half a cup of oats has 150 calories, vitamins B1, antioxidants, magnesium, iron, protein, and healthy fats. Also, oats act as a sponge, trapping LDL or 'bad' cholesterol when it passes through the digestive tract and removing it from the system. Oats are highly satiating, helping you stay full for longer.

### Sources:

<https://www.celiac.ca/living-gluten-free/oats-statement/>  
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<http://wholegrainscouncil.org/whole-grains-101/health-benefits-of-oats>  
Food And Agriculture Organization of The United Nations Statistics Division