



*Feed your heart, body and mind:*  
**Canadian Oats**

**More than a century of quality and nutrition**

**HOW OATS WORK WITH YOUR BODY**

There's no better way to get energy anytime of day than eating oatmeal. Of all the cereal grains, oats are the most wide-ranging in their energy and nutritional properties, which benefit the entire body. The World Health Organization says they're nearly as good as meat, milk and eggs as a protein source.

Besides being a valuable source of carbohydrates, vitamins, minerals and protein, oats have also proven to be a great ally against digestive problems, obesity, diabetes or high cholesterol levels. Oats are a source of energy. They can help relieve anxiety, nourish the body and blood, and also the mind.

**HOW TO EAT OATS**

Oats are highly nutritious and can provide benefits for you and your loved ones no matter what your needs. For athletes, students, children, mothers and mothers-to-be, they can help you control your hunger levels, avoid high cholesterol and diabetes, and look after your heart.

Oats are tasty and suited to the needs of any lifestyle or family. They are a useful ingredient in smoothies, in flour to make healthy muffins, in breakfast cereal, or in a refreshing drink such as Mexican avena helada.

Including oats in your daily diet is easy: at breakfast with fruit, yogurt, or milk, as cookies or biscuits, or in smoothies. They can also be used in the preparation of soups, meatballs, croquettes, and other dishes. They can also be used as a replacement for those who suffer from celiac disease. The properties of oats can be endlessly used in every type of dish.



# CANADIAN OATS FEED FAMILIES GLOBALLY

**CANADA'S PRAIRIES** grow one of the largest supplies of high quality, nutritious oats in the world. From the fertile lands of Manitoba to the sunny plains of Saskatchewan, through to the majestic beauty of Alberta, Canadian oat growers have cultivated a tradition of quality and goodness for over one hundred years.

Canada is a world leader in the production and export of high-quality oats. For nearly a century the renowned Canadian Grain Commission of Canada (CGC) has supervised standards for cereal crops. Stringent monitoring means that grains from Canada comply with the strictest requirements on health and the environment.

Canadian oats feed families globally. Oats are not only delicious but grown in harmony with nature. Canadian growers are stewards of the land committed to protecting natural landscapes and water. In fact, less than 1% of Western Canadian oats are irrigated; the rest rely solely on rainwater. And besides, oats have a natural advantage – Canada's cool climate helps avoid diseases and pests.

## OATS

- High in dietary fiber
- Low in saturated fat
- Cholesterol Free
- Nourishing source of vitamins and minerals
- Free of trans fatty acids
- Of the eight amino acids necessary for life, oatmeal contains six
- Gluten-free and can be produced for this market

