

INCREDIBLE EDIBLE IDAHO

OATS



IDAHO OAT FACTS:

When harvested from the field, oats have a hard outer shell that is removed during processing. Rolled oats, or oatmeal, have no shell & are flattened or "rolled" & lightly toasted to make a tasty & healthy treat.

Idaho farmers produce about 1 million bushels of oats each year. A bushel of oats weighs about 32 pounds.

Oats in Idaho are planted in late spring & harvested by the end of September each year.

Only about 5% of the world's oat crop is consumed as food by humans—the majority of the crop is fed to animals. In Idaho, nearly all harvested oats are used for feeding animals.

OAT NUTRITION FACTS:

As a whole grain, oatmeal is a significant source of dietary fiber and can help you feel fuller longer.

Oatmeal has been shown to help lower blood cholesterol and improve digestive health.

Oats come in different forms; steel cut, old fashioned, rolled and instant oatmeal.

Replacing refined grains with oatmeal can help maintain normal blood sugar levels.



Top Producing Counties:

Idaho
Lewis

Cassia
Bear Lake

Caribou

