


Harvest of the Month



Oatmeal

Calories

150

Total Fat

4g

1/2 c
DRY

Sodium

0mg

Sugars

1g

FUN FACTS:

Oats are a whole grain because after processing, their bran and germ remain intact.

Oats are steamed, flattened and sliced in different ways to produce several types of oats available, including:

- Old-Fashioned (regular)
- Instant
- Quick
- Steel-Cut

Oatmeal cereal is made with oats that are cooked with water or milk. Oatmeal cookies are made with oats too! *Oatmeal is a superfood!*

This institution is an equal opportunity provider.

