

Oats Nutrition Facts



One cup of whole grain oat flour (104g) provides 420 calories, 68.3 grams of carbohydrates, 6.8 grams of fiber, 15.3 grams of protein, 9.5 grams of fat, and 0.8 grams of sugar. Oats are rich in copper, iron, selenium, magnesium, manganese, phosphorous, and zinc.

- Calories: 420
- Fat: 9.5g
- Carbohydrate: 68.3g
- Fiber: 6.8g
- Sugars: 0.8g
- Protein: 15.3g

Oats Health Benefits

May Sustain Energy Levels

Full of complex carbohydrates and fiber, oats can increase satiety and reduce energy intake, which helps you feel fuller and sustain energy levels longer.



May Have Cardiovascular Benefits

Whole grain oats are associated with heart-healthy benefits. Studies suggest that eating oats reduces three markers of cardiovascular risk—LDL cholesterol, non-HDL cholesterol, and apolipoprotein B.



May Aid Weight Loss

Oats are a nutritious, low-calorie food. The calories in oats increases satiety and energy levels, which can contribute to weight loss. Studies have shown that an intake of whole grain oats has significant effects on weight reduction.



May Help Manage Diabetes

A diet rich in oats can have a positive effect on glucose control and lipid profiles in people with type 2 diabetes.

