

# Breaking OATS Myths

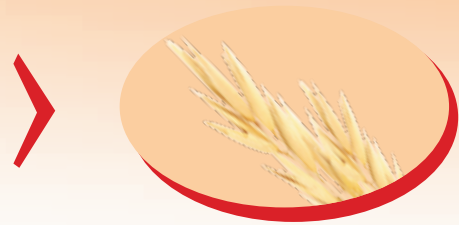
## Myth: Oats is only for old people

Fact: Everybody can eat oats.  
Oats offer many health benefits.  
Besides providing whole grain nutrition, oats also help to reduce cholesterol, manage body weight and blood sugar and help keep blood pressure healthy.



## Myth: Oats is processed wheat

Fact: Oats is separate grain like rice, wheat and corn. However, it is largely grown in the western world.



## Myth: Oats preparations are always sweet

Fact: Oats can be made into a sweet porridge with milk and sugar or a savoury porridge with water and Indian spices/condiments. They can also be used to prepare traditional dishes like dosa, upma, idli, chila and chappatis.



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