

## PRODUCT NUTRITION

### OATS

**100g**

Nutrient	Units	Value per 100 grams
<b>Proximates</b>		
Water	g	8.22
Energy	kcal	389
Energy	kJ	1628
Protein	g	16.89
Total lipid (fat)	g	6.90
Ash	g	1.72
Carbohydrate, by difference	g	66.27
Fiber, total dietary	g	10.6
<b>Minerals</b>		
Calcium, Ca	mg	54
Iron, Fe	mg	4.72
Magnesium, Mg	mg	177
Phosphorus, P	mg	523
Potassium, K	mg	429
Sodium, Na	mg	2
Zinc, Zn	mg	3.97
Copper, Cu	mg	0.626
Manganese, Mn	mg	4.916
<b>Vitamins</b>		
Vitamin C, total ascorbic acid	mg	0.0
Thiamin	mg	0.763
Riboflavin	mg	0.139
Niacin	mg	0.961
Pantothenic acid	mg	1.349
Vitamin B-6	mg	0.119
Folate, total	mcg	56
Folic acid	mcg	0
Folate, food	mcg	56
Folate, DFE	mcg_DFE	56
Vitamin B-12	mcg	0.00
Vitamin B-12, added	mcg	0.00
Vitamin A, RAE	mcg_RAE	0
Retinol	mcg	0
Vitamin A, IU	IU	0
Vitamin D (D2 + D3)	mcg	0.0

Vitamin D	IU	0
<b>Lipids</b>		
Fatty acids, total saturated	g	1.217
12:0	g	0.024
14:0	g	0.015
16:0	g	1.034
18:0	g	0.065
Fatty acids, total monounsaturated	g	2.178
16:1 undifferentiated	g	0.013
18:1 undifferentiated	g	2.165
Fatty acids, total polyunsaturated	g	2.535
18:2 undifferentiated	g	2.424
18:3 undifferentiated	g	0.111
Cholesterol	mg	0
<b>Amino acids</b>		
Tryptophan	g	0.234
Threonine	g	0.575
Isoleucine	g	0.694
Leucine	g	1.284
Lysine	g	0.701
Methionine	g	0.312
Cystine	g	0.408
Phenylalanine	g	0.895
Tyrosine	g	0.573
Valine	g	0.937
Arginine	g	1.192
Histidine	g	0.405
Alanine	g	0.881
Aspartic acid	g	1.448
Glutamic acid	g	3.712
Glycine	g	0.841
Proline	g	0.934
Serine	g	0.750
<b>Other</b>		
Alcohol, ethyl	g	0.0

Data Source:

U.S. Department of Agricultural, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23.