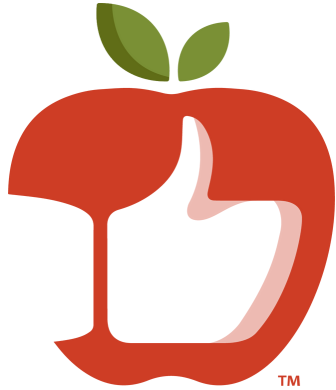


# Oats

**CREATE**  
HEALTHY CHOICES



- Contains more soluble fiber than any other grain, which helps you feel full longer.
- Soluble fiber can help regulate blood sugar.
- Rich in thiamine (vitamin B1) and minerals.
- Mix oats with yogurts, smoothies, pancakes, muffins, or uses as a crumble to a top of a bowl of fruit.

**CREATE** SNAP-ED  
**BETTER HEALTH**

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