




JANUARY 2015



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">January is National Oatmeal Month </p> <p>Health Benefits of Oats Scores of studies have documented the many health benefits of oats.</p> <ul style="list-style-type: none"> Eating oats helps lower LDL "bad" cholesterol and may help reduce the risk of heart disease. Oats help you feel fuller longer, which helps control your weight. Oatmeal and oats may help lower blood pressure. Oats may help reduce your risk of type 2 diabetes, since their soluble fiber helps control blood sugar. Oats are higher in protein and healthy fats, and lower in carbohydrates than most other whole grains. 			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

