



JANUARY 2015



Monday	Tuesday	Wednesday	Thursday	Friday
January is National Oatmeal Month  Health Benefits of Oats Scores of studies have documented the many health benefits of oats. - 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