



A Beta-glucan Christmas

(sung to the tune of "[White Christmas](#)")

*I'm dreaming of some be-e-eta-glucans,
They're found in every oat I know,
They're what make oats glisten, so do please listen,
To o-o-o-at research on the go-o-o-o.*

*I'm dreaming of some be-e-eta-glucans,
With every oat cookie I bite,
May your days be merry and bright,
And may oat products fill you with delight!*

-Charlene Wight, with apologies to Irving Berlin.