

Oats vs Granola (vsdiff.com)

Feature	Oats (per ~40g dry)	Granola (per ~40g typical)
Calories	~150-170 kcal	~180-220 kcal (varies)
Protein	~5-7 g	~3-6 g (depends on nuts/seeds)
Fiber	~3-5 g	~2-4 g
Sugar (added)	~0-1 g	~6-12 g (often added)
Fat	~2-4 g (mostly unsaturated)	~6-12 g (from oil & nuts)
Processing level	Minimal to moderate (<i>whole-grain</i> intact)	Often <i>processed</i> with sweeteners and oils
Typical uses	Porridge, baking, smoothies	Snack, topping, cereal substitute

Source: <https://vsdiff.com/oats-vs-granola/>