

Total Nutrition

A Secret For Managing Your Weight

by Mindy Hermann, R.D.

(NAPSA)—We all know people who skip breakfast because they say it makes them hungrier. But here's a secret that you might find hard to believe—eating breakfast, particularly ready-to-eat cereal, can play a helpful role in weight management.

The news is good for ready-to-eat cereal fans. Studies show that frequent cereal eaters—both adults and children—tend to have healthier body weights. In fact, among successful weight-loss maintainers, 78 percent ate breakfast every day, and 60 percent of breakfast eaters always or usually chose cereal.



Mindy Hermann

Whole grain foods such as ready-to-eat cereals made with whole grain can help you keep your shape. A growing body of evidence supports the finding that people who consume diets rich in whole grain tend to have a healthier body weight than those who don't. Additionally, people who eat more whole grain tend to gain less weight as they age. Whole grains are loaded with a combination of plant nutrients, anti-oxidants, vitamins, minerals and fiber to help keep you healthy.

Breakfast cereal is high in nutrition. Compared to other breakfasts such as a bagel with cream cheese or eggs with bacon and toast, a serving of Whole Grain Total® with skim milk has less than half the calories, along with 100 percent of the daily

value of 12 important vitamins and minerals.

Breakfast for dinner may help with weight management. The next time you're not in the mood to cook dinner, or you get home too late, try a bowl of whole grain cereal topped with fresh fruit, nuts and skim milk. Chances are that it will have fewer calories and less fat than your usual dinner.

Breakfast cereal can be fun. Create your own signature combinations of cereals and toppings. I like to make a "Total Breakfast Medley" with Whole Grain Total, Total Raisin Bran and Total Honey Clusters. I always top my cereal with fruit—fresh berries, sliced peaches, slivers of dried apricot, or black and yellow raisins—and milk. When I'm on the go, I put $\frac{3}{4}$ cup of plain or light yogurt into a plastic container and stir in my cereal and fruit. It tastes great, I can take it with me and I feel good knowing that it's healthy.

