

Total Nutrition

Best Ways To Keep Your Shape

by *Mindy Hermann, R.D.*

(NAPSA)—I still remember the moment that I started exercising regularly. I was in my late 20s and a graduate school classmate told me that staying in shape was a fight against gravity after age 30. That message really hit home—I have been working to keep my shape every since.



Mindy Hermann

“Staying in shape as you get older is all about balance—nutritional, physical, emotional and spiritual,” says Lisa Dorfman, MS, RD, a M i a m i - b a s e d national media spokesperson for the American Dietetic Association. “As you age, your focus on each of these areas may fluctuate, but your goals should remain the same. Try to eat a healthy balance and variety of foods, participate in challenging yet enjoyable exercise and attain emotional and spiritual peace and tranquility.”

Eating whole grain foods such as Whole Grain Total® can help you keep your physical shape. The Harvard Nurses’ Health Study found that women who ate the most servings of whole grain foods weighed less than women who ate the least. According to another study on whole grains, men who did not eat whole grain foods had a higher body mass index (BMI) than those eating three or more daily servings.

Daily physical activity and whole grains every day—what a simple way to help keep your shape!

Blueberry Breakfast Cereal Bread

- 2 cups Whole Grain Total® cereal**
- ¾ cup water**
- 1 tablespoon grated orange or lemon peel**
- ¼ cup orange juice**
- 2 tablespoons canola or soybean oil**
- ½ teaspoon vanilla**
- 1 egg or ¼ cup fat-free egg product**
- 2 cups all-purpose flour**
- ¾ cup sugar**
- 2 teaspoons baking powder**
- ½ teaspoon baking soda**
- ½ teaspoon salt**
- 1 cup fresh or frozen (thawed and drained) blueberries**

1. Heat oven to 350°F. Grease bottom only of 9x5-inch loaf pan with shortening or spray bottom with cooking spray. Crush cereal; set aside.

2. In large bowl, stir together water, orange peel, orange juice, oil, vanilla and egg. In medium bowl, stir together crushed cereal, flour, sugar, baking powder, baking soda and salt; stir into ingredients in large bowl. Gently stir in blueberries. Pour into pan.

3. Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf; remove from pan to cooling rack. Cool completely before slicing, at least 1 hour. 1 loaf makes 16 slices.

