

Total Nutrition

Breakfast Memories And A Healthy Start

(NAPSA)—We grown-ups may remember that as kids, many of us loved the natural sweetness and juicy texture or “mouth-feel” of our favorite fresh or dried fruits. Candy was a rare treat, but fruit was an every day delight.



Mindy Hermann

Treating yourself to some fruit at breakfast will bring back memories and make you feel that you've done something good for yourself. Share the experience with kids. An early introduction

to fruits, as well as whole grains and healthy foods can lead to healthy eating choices later in life.

What's in a name? Everything, when it comes to breakfast. Breakfast means breaking the fast, refueling your body after not eating for maybe 12 hours or more. Your body uses the nutrients in breakfast for the day's activities, whether work, errands, school, activity, or sightseeing.

We all need breakfast, no matter what time we wake up, says child nutrition expert Dr. Keith-Thomas Ayoob, a registered dietitian and associate professor at Albert Einstein College of Medicine in New York. “Traditional breakfasts dish up so much: whole grains like those in whole wheat bread or whole grain cereals, fruit, and calcium from milk, yogurt and other dairy

Here's even more good news:

- Whole grain breakfast cereals, including Total, are low in fat and cholesterol, provide numerous vitamins and minerals, and fit in the Food Guide Pyramid.
- Frequent cereal eaters are more likely to get recommended levels of folate, iron, zinc and other nutrients.



products.” The key nutrients in breakfast—fiber, calcium, B vitamins, vitamin C—are tough to replace with other foods later in the day.

Researchers have found that eating breakfast has been linked to higher test scores, better behavior and healthier eating throughout the day. So, make a batch of muffins to freeze for the week. Create your own cereal mix and top with milk and fresh fruit, or enjoy with dried fruit as a take-along trail mix.

Dear Mindy,

Q. I'm not hungry in the morning. What should I do?
Carol, Fargo, North Dakota

A. Shower and move around a bit—straighten up the bedroom, walk the dog, or pick flowers from the garden. Your appetite may need a bit of time to wake up. Your breakfast goal is just three types of foods, a whole grain, fruit, and a dairy food or other source of calcium.