

NUTRITION NEWS & NOTES

Eating For Energy

(NAPSA)—Here's some eye-opening news: Your morning routine may actually be making you more tired. That's the word from nutritionists who say if you're downing a few cups of coffee and skimping on breakfast, you may want to reconsider the best ways to boost your energy level.

"Coffee is a stimulant, not a source of energy," says Leslie Bonci, M.P.H., R.D. "And that's fine—but it's also important to eat some nutritious, satisfying foods for breakfast, giving yourself energy for the whole morning."

Bonci, the nutritionist for several athletic teams, including the Pittsburgh Steelers, Cincinnati Reds and Toronto Blue Jays, recommends two important ways to eat for more energy.

1. Eat a breakfast that contains a combination of fiber, protein and carbohydrates without added sugar. "One of the things people learned from the high-protein diet trend was that it feels good to have a little protein in the morning. It's satisfying and it stays with you," she says.

Bonci recommends a breakfast of two wedges of The Laughing Cow Light cheese, with some whole-grain toast and a piece of fresh fruit. The creamy cheese wedges are low in fat and high in calcium and protein—and they have just 35 calories. The toast provides good-quality carbohydrates and the fruit provides fiber.

2. Be mindful of portion size.



There are ways to keep your food from eating up your energy.

"Many times, people eat too much at mealtime and they feel sluggish afterwards," Bonci says. "For more constant energy, I recommend having smaller and more frequent eating episodes throughout the day."

Bonci suggests buying foods that are portion controlled, so the nutritional content is easy to discern from the label. "The cheese wedges are a good option here, too, as they're individually wrapped and portion controlled," she says. She recommends that people looking for a quick and nutritious energy boost try the wedges, the Laughing Cow Gourmet Cheese Bites and the firmer Laughing Cow Mini Babybel line of cheeses. They come individually wrapped in red wax.

For more information, visit www.laughingcow.com.