

# HEALTHY EATING

## Eating Well All Day—A Solution For Weight Management

(NAPSA)—Eating well means planning ahead, which is essential if you want to achieve or maintain weight-loss goals. With a little knowledge and some advance planning, women everywhere can learn how to make smart food choices that will move them closer to their weight-management goals. From breakfast to dinner and snacks in between, a successful weight-management plan is the all-day, everyday solution.

Those looking to manage their weight and live a more active lifestyle should consider the following tips:

- **Break the fast:** Starting your day with cereal can provide essential vitamins and minerals. Studies show that eating cereal as part of a nutritious breakfast promotes a healthy weight in both children and adults.

Even better, consumers now have the freedom to enjoy granola. Special K Low-Fat Granola, made of whole grain granola sweetened with a touch of honey and toasted to perfection for a great taste and hearty crunch, is an excellent source of fiber and has 50 percent less fat than the leading granola—Special K Low-Fat Granola contains 3g fat per 52g serving, while the leading granola contains 6g fat per 51g serving. For a complete meal, pair the granola with  $\frac{1}{2}$  cup of milk or fruit.

- **Plan ahead:** Planned snacks during your busy day can provide energy and essential nutrients. Tempted to hit that vending machine? Have lower-calorie snacks on hand, such as new Special K Fruit Crisps, with two crispy bars for 100 fruity calories. Special K Fruit Crisps are a crispy snack with filling made from real fruit and a lightly sweetened drizzle on top.



**Starting your day with cereal can provide essential vitamins and minerals and help to promote a healthy weight in both children and adults.**

- **Divide your plate:** Divide your plate, conquer your weight. Fill half of your plate with veggies or salad (watch those fatty dressings!). One-quarter should be lean protein—fish, chicken or beef—grilled, baked or poached. And the last quarter should be carbohydrates—but watch the butter and oil.

- **Drink your H<sub>2</sub>O:** Feeling tired or hungry? You may just be thirsty. Make sure you get plenty of water every day. Water helps your body transport nutrients and eliminates toxins. Add a cucumber or lemon slice to jazz it up.

- **Start journaling:** Keep a food journal noting what you eat, how much, when and where. Journaling can help keep you accountable and identify unhealthy patterns that may be inhibiting weight loss. In addition, you can turn to SpecialK.com to customize your own weight-management plan or join the Special K Yahoo! Group to build your own support system.

Visit [www.SpecialK.com](http://www.SpecialK.com) for more information.