

Nutrition For Active People

Everyday Athletes Get Great Starts At Breakfast

(NAPSA)—The 2012 Olympic Games can inspire many to make improvements in their fitness and in their efforts to keep their families healthy. One thing that fans and athletes can relate to is the importance of starting the day right, with a great breakfast to help achieve your potential.

“Nutrition, a balanced diet and a healthy breakfast—these are keys to success regardless of your aspirations,” said Nanna Meyer, United States Olympic Committee senior sports dietitian. “Breakfast provides many benefits, giving you physical energy to take on whatever challenges your day may bring.”

Studies have shown that people who eat ready-to-eat cereal for breakfast have significantly lower body mass indexes (BMI) and are less likely to be overweight than those who skip breakfast or eat meat and eggs for breakfast. Cereal and milk are not only a great-tasting breakfast but also a leading source of 10 important vitamins and nutrients. In addition, foods with whole grains and fiber also provide health benefits.

Summer Sanders, a 1992 Olympic gold medalist in swimming and part of this year’s Team Kellogg’s, is proof that a great start to every day is a critical component to success.

“Eating a healthy breakfast every morning helped me get to the podium and now, as a mom, my top priority is making sure that my family eats a nutritious breakfast to get them fueled to start the day,” said Sanders.

U.S. Olympic Committee sports dietitians and Kellogg’s developed a video series with tips for a healthy lifestyle, including:

- Begin with good hydration. The human body is more than 70 percent water and your muscles de-



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pend on water to function properly.

- Busy lifestyles make it difficult to make smart choices on the go, so have a nutritious and filling snack with you to keep yourself fueled throughout the day and prevent unhealthy choices later.

- Incorporate whole grains packed with fiber and nutrients as part of a balanced diet and active lifestyle. Energy from carbohydrates is stored in muscle and liver as glycogen and provides the critical boost you need to perform on the job and while playing sports.

- Don’t forget to include some protein and healthy fats in every meal, including breakfast. Eating protein throughout the day will help manage appetite and maintain metabolism and muscle mass. There are many healthy and convenient meal options to choose from, no matter what is on your busy schedule.

Sanders enjoys a good source of fiber from Kellogg’s Special K with milk and fresh fruit or as a convenient on-the-go snack in travel-size bags. For high-protein options, her go-to breakfast is Eggo Nutri-Grain waffles with peanut butter and fruit.

For more on the power of breakfast and to view the “Start Like A Champion” nutritional video series, visit Kelloggs.com/teamusa.