

# newsworthy trends

## Fuel For Thought: America's Morning Routines

(NAPSA)—The results of a recent survey may help start your day on a positive note.

The survey by Nestle® Carnation® Instant Breakfast™ found that although most Americans know the importance of eating breakfast, 50 percent do not eat breakfast every day.

According to the survey:

- Eighty-six percent of Americans feel more energized if they get something into their system in the morning, and 95 percent consider breakfast fuel for the body. Those who eat breakfast also are more likely to exercise in the morning.

- As a morning person, 55 percent of the survey respondents described themselves as moderate starters, 25 percent consider themselves morning warriors, and 20 percent were self-acknowledged sleepy slugs.

- Typical weekday breakfasts include hot and cold cereal, closely followed by bread products such as toast, bagels or muffins.

- The most popular breakfast-on-the-run is usually a carb-packed product, such as a bagel, muffin, or toast, closely followed by fast food. As a result, many Americans may not get the protein, vitamins or minerals they need to fuel their bodies for the day.

A growing number of morning warriors have found a healthier way to “fuel up” with nutritional energy drinks. Carnation Instant Breakfast (CIB), for example, contains protein and 25 percent of the daily value for 21 key vitamins and minerals.

This quick and easy breakfast has more calcium and B vitamins than fortified orange juice or a glass of milk. It has three times the protein of most breakfast cere-



**A well-balanced breakfast for a busy morning warrior may be easier to achieve with nutritional energy drinks.**

als, plus less carbohydrates, less sugar and more vitamin C.

The drink comes in seven varieties, including a rich milk chocolate and a new cappuccino. With just four ingredients, you can make a delicious fueling smoothie and be out the door in minutes. Here's a recipe for a CIB Caramel Cappuccino:

### **CIB Caramel Cappuccino**

- ½ cup fat-free milk**
- ½ cup vanilla fat-free frozen yogurt**
- 1 packet Carnation Instant Breakfast Cappuccino Flavor**
- 1 tablespoon caramel sauce**

**Place milk, frozen yogurt, CIB and caramel sauce in blender; cover. Blend until smooth.**

For more recipes using all the great-tasting CIB flavors, visit [www.CarnationInstantBreakfast.com](http://www.CarnationInstantBreakfast.com).