

Get A Fresh Start With An Organic Breakfast

(NAPSA)—“Breakfast is key to achieving weight loss success,” says Bob Greene, the personal trainer best known for helping Oprah achieve her dramatic weight loss. In his best-selling book “The Best Life Diet,” Greene says this important meal helps control hunger and provides important nutrients.



For optimal nutrition and taste, Greene gives a big nod to companies that are making organic foods more widely available. For the breakfast table, he recommends organic cereals and fruit such as those from Cascadian Farm.

“I’m a big fan of breakfast cereals made with whole grain that are a good source of fiber,” said Greene. “Organic berries are another great breakfast choice because they’re a good source of fiber, lower in calories and big on taste, which makes them a great option for weight management.”

Because certain fresh fruits are only widely available a few months of the year, Greene suggests keeping a variety of frozen organic fruits on hand. A bag of frozen Cascadian Farm berries can go a long way as a routine accompaniment to smoothies, pancakes or yogurt.

For more Best Life Diet-approved meal ideas and tips, visit www.eatbetteramerica.com/bestlife.