

## Jump-Start The Day With A Balanced Breakfast

(NAPSA)—Studies continue to validate the importance of eating breakfast for children, teens and adults. Not only do breakfast eaters, young and old, maintain healthier body weights, but they also enjoy benefits beyond the waistline. Kids who skip breakfast rarely make up for the missed nutrients during the day, and kids who eat breakfast experience fewer discipline problems and more academic success than their non-breakfast-eating counterparts. Additionally, studies show that teenage girls who frequently eat cereal weigh less on average than those who do not.

But to reap the greatest benefits of breakfast, it's important to not only make the time to eat, but also make a smart choice. Prominent registered dietitian, author and educator Kathleen Zelman shows how to jump-start the day with a healthy breakfast.

By selecting cereal, Zelman says, consumers choose a quick and easy morning meal with fewer calories than many other popular breakfast items, such as a bagel with cream cheese and fast-food breakfast sandwiches. Zelman sets the record straight on breakfast myths:

**1. I skip breakfast so I can save the calories for later.** Adults and kids who eat breakfast regularly tend to have healthier body weights and better nutrient intakes than breakfast skippers, so be smart and plan ahead.

**2. I'm not a breakfast person.** You don't have to eat a lot to get the benefits. You will be more energized and sharper as a result of "breaking the fast."

**3. I don't have time.** Cereal with milk is quick and easy, and if



you choose the right cereal, you get calcium, whole grain and plenty of nutrients.

**4. I exercise in the morning, so I can't eat breakfast.** If you fuel your body, you'll actually get more from your workout.

**5. Breakfast can't be fun.** With a little planning and some creativity, breakfast can definitely be fun! For example, treat your kids (and yourself) to a breakfast parfait: layer low-fat yogurt, fruit and your favorite crunchy cereal for a satisfying and fun morning meal.

Kathleen Zelman, MPH, RD/LD, is a prominent registered dietitian, author and educator. Her nutrition expertise is backed with years of professional experience as a clinical dietitian, as well as a spokesperson for the American Dietetic Association. She is a contributing writer for newspapers, magazines and Web sites. Her books include "A Harvest of Healing Foods: Recipes and Remedies for the Mind, Body, and Soul."

For more information about the benefits of breakfast and other smart food choices, go to [eatright.org](http://eatright.org).