

Healthful Eating



Jump-Start Your Weight Loss With An All-Day, Everyday Solution

(NAPSA)—Whether you want to maintain your current weight or lose a few extra pounds, weight loss is about balancing good nutrition and exercise and implementing an all-day, everyday solution. With a few simple tricks and advance planning, you can achieve your weight-management goals.

For easy ways to jump-start your weight management, consider the following tips:

- **Visualize your outcome.**

Cut out a picture of a dress you like in a magazine or pull out a picture of yourself in your skinny jeans and tape it onto the fridge. Whatever you're aiming for, make sure it's somewhere you can see it and make sure it's a realistic goal.

- **Start the day right.** Start your day with cereal, which can provide essential vitamins and minerals and jump-start your metabolism. Never skipping a meal will help you stabilize blood sugar and control your appetite.

Kellogg's Special K brand offers a delicious portfolio of cereals now with 3 grams of fiber in each serving*. Cereals that now offer fiber are Red Berries, Fruit & Yogurt, Cinnamon Pecan, Vanilla Almond, Blueberry, and Chocolatey Delight.

- **Think ahead.** When it comes to meals and snacks, don't "play it by ear" if you know that every day at 4 p.m. you're starving and end up heading to the



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vending machine or newsstand for a candy bar.

Losing weight is a formula. So be prepared. A nutritious snack, such as a piece of fruit or a snack bar, will take care of that temptation and provide you with a way to snack on track as you build a system for healthy weight-loss success.

- **Go for fiber.** Studies show that consumption of fiber is associated with lower body weight measures in U.S. adults**. Mix it up with cereals. The Special K brand has reformulated many of its cereal varieties with fiber to offer more positive nutrition without sacrificing great taste. For more information, visit www.specialk.com/cereals.

* Special K® Original does not currently contain added fiber.

** Consumption of Fiber Is Associated with Lower Body Weight Measures in U.S. Adults: The National Health and Nutrition Examination Survey (NHANES) 1999-2004, S.S. Cho, T.A. Nicklas, C.E. O'Neil.