

Take The Weight Off Your Mind

Experts Say Key To Weight Management Is Feeling Full

(NAPSA)—An estimated 74 million Americans are currently on a diet and millions more watch their weight, proving that weight is weighing heavily on people's minds.

Experts agree that one key to successful weight management is eating foods that help you feel full.

"One of the biggest downfalls of watching your weight is feeling hungry and foods that provide whole grains, fiber and protein go a long way in filling the hunger void," said Mary Donkersloot, a registered dietitian. "These types of foods are especially important at breakfast time because when you feel full in the morning, you're less likely to overeat at lunch."

Studies show that oatmeal is one of the most filling foods a person can eat. Building on oatmeal's fullness factor, Quaker has introduced Weight Control Instant Oatmeal, which is specially designed with fiber, protein and 25 percent more whole grains to help people feel full.

Quaker Weight Control Instant Oatmeal has no added sugar and each packet provides two of the three daily servings of whole grains recommended by the USDA. Oatmeal is the only whole grain recognized by the FDA to help reduce cholesterol and reduce the risk of heart disease.

Sticking to a healthy diet is a challenge, says Donkersloot, who has for 15 years counseled many A-list celebrities on weight-control issues. Donkersloot emphasizes the importance of choosing foods that fit well into your lifestyle when trying to manage weight. She developed a list of weight



management "must-dos"—realistic and achievable changes for long-term weight management.

- **Begin with breakfast**—Research shows that people who eat breakfast, such as a bowl of oatmeal, tend to weigh less than those who skip it. In addition, studies show that adults who eat cereals (cooked or cold) have a lower body mass index than those who eat combinations of meat and eggs or skip breakfast altogether.

- **Don't forget fruits and veggies**—Every time you eat, make sure to include a fruit or vegetable. In addition to the invaluable nutritional benefits, fruits and veggies keep you feeling full with few calories.

- **Don't try to be perfect**—Aim to make wise food choices most of the time. By choosing foods that are convenient, great-tasting and packed with carbohydrates and protein, you shouldn't feel deprived. Indulging in the occasional treat is okay—it's important to remember that the portion size matters most.

Quaker Weight Control Instant Oatmeal is available in two flavors: Cinnamon and Banana Bread. For more information, visit www.weightcontrol.quakeroatmeal.com.