

DO IT & DIET

Morning Indulgence Without The Guilt

(NAPSA)—By making the decision to start the day right with a balanced breakfast, weight managers are taking an important first step in maintaining a healthy weight.

A review published in the *Nutrition Bulletin* (June 2007) confirms that people who eat cereal for breakfast daily maintain a healthier weight.



“When you can have great-tasting foods that you feel are an indulgence without the guilt, it makes sticking to a weight-management plan easier,” said Dr. Christine Dumas, author, reporter and weight-management expert.

For example, Special K has developed a new cereal with cinnamon and pecans to help weight managers satisfy their taste buds and stick to their weight-management goals—new Special K Cinnamon Pecan cereal.

The new, satisfying and delicious combination of light and crunchy cinnamon flakes with real pecans help weight managers stick to their goals without sacrificing great taste. As part of the Special K Breakfast—a serving of Special K Cinnamon Pecan cereal with skim milk, fruit and black coffee—weight managers can enjoy a great-tasting breakfast that’s less than 250 calories.

The Special K Breakfast is low in fat and fortified with vitamins and minerals. It’s a great way to indulge your taste buds in the morning and still stay on track for your weight-management goals. Learn more about new Special K Cinnamon Pecan cereal by searching “Special K” at Yahoo!