

newsworthy trends

The Power Of Breakfast

(NAPSA)—Here's food for thought: Studies show eating breakfast not only gives you energy to get through the day, it helps you maintain the right body weight, improve performance and can even fight off illness.

Pick The Right Breakfast For You

Breakfast foods that contain protein and a little fat, in addition to complex carbohydrates and sugars, stay with you longer and give you the energy you need. An egg on toast, whole-grain cereal with low-fat milk, even a fruity breakfast shake made with low-fat milk are good choices. No time for breakfast? Many on-the-go people turn to new Uncle Ben's Breakfast Bowls. They're hot, nourishing meals ready in just four minutes in the microwave. This new breakfast fare comes in eight tasty varieties.

Breakfast To Shed The Pounds

Eating a healthy breakfast could be key to shedding the pounds, a new study shows. The U.S. National Weight Control Registry—an ongoing study of 3,000 individuals—showed that of those who have successfully maintained weight loss, nearly 80 percent eat breakfast every day as part of their routine to stay slim.

Kids Need A Breakfast Boost

Children especially need a nutritional boost every morning to get the learning process going. A study conducted by the Minnesota Department of Children, Families and Learning found that children who ate breakfast scored higher on



Eating a good breakfast can help you have a better day and perhaps a longer life.

tests than students who rarely ate in the morning. This study, and others, suggests that eating breakfast improves memory, attention span and physical performance.

Eating Breakfast Keeps The Doctor Away

Breakfast also strengthens your immune system. People who eat breakfast may be better equipped to fight off colds and flu, according to research at the School of Psychology at Cardiff University in England.

Breakfast And Beyond

After eating a healthy breakfast, it's wise to eat a well-balanced lunch and dinner, plus two or three snacks. Most people need to eat every three to four hours to avoid overeating due to hunger.

Keeping these tips in mind can help keep you well-fueled for the day and ready to tackle whatever comes your way.