

Smart & Healthy Living

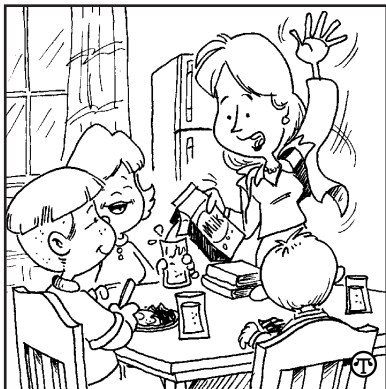
Smart Choices For Day's Most Important Meal

(NAPSA)—As Americans' waistlines continue to expand, it's essential to address the "heavy" issue of eating habits. From the first meal of the day to the last, people often fall into the trap of making the wrong choices. Too many people skip breakfast and end up eating oversized portions later, and selecting foods that don't provide a lot of nutritional value.

"One of the biggest obstacles to weight loss, or even just maintaining weight, is misjudging portion sizes. In fact, studies show that about 30 percent of people significantly underestimate the number of calories in the foods they eat," says Elizabeth DeRobertis, R.D., nutritionist for Slim•Fast Foods Company. "Another common mistake people make is skipping breakfast."

Even though most healthcare professionals recommend breakfast, up to 40 percent of Americans continue to skip it, reports a study commissioned by Ohio State University. Eating breakfast curbs mid-morning hunger and can help reduce overeating later in the day. In addition, there is some indication that people who don't eat breakfast may not make up essential nutrients in the meals they eat later in the day.

But sometimes we have no time to sit down for breakfast. Luckily, there are some delicious, on-the-go breakfast options available to help us recharge in the morning. Slim•Fast Chewy Granola Meal Bars, for example, are



Breakfast is an important way to get the day off to a good start.

designed to help you achieve 100 percent of essential nutrients such as calcium and 21 other vitamins and minerals.

"With delicious rolled oats and a chewy texture, Slim•Fast Chewy Granola Meal Bars are perfect for breakfast. And they're portion- and calorie-controlled, so they eliminate the guesswork and provide an easy way for busy people to get plenty of vitamins and minerals while managing their weight," says DeRobertis.

In addition to starting the day with a nutritionally balanced breakfast and selecting smart choices at other meals throughout the day, it's important to incorporate the basic elements of a healthy lifestyle—portion-controlled snacking to reduce hunger, water and exercise. Following these fundamental tenets can help whittle a waistline in no time.