



A glass of orange juice and a bowl of oatmeal topped with blueberries can get you almost halfway toward meeting the new dietary guidelines for whole grains and fruit.

Healthy Breakfast Key To Meeting Dietary Guidelines

(NAPSA)—With the U.S. Department of Agriculture’s (USDA) new Food Guide Pyramid, many people are still wondering what they should eat. Experts say the focus should be on the actual dietary guidelines, including those that call for more fruits, vegetables and whole grains.

To consume the recommended three servings of whole grains and four servings (two cups) of fruit, experts also suggest consumers look to breakfast as a key to meeting the new recommendations (for a 2,000-calorie diet).

“For many, breakfast is a missed opportunity with almost one-third of Americans skipping breakfast every morning,” said Debra P. DeMuth, Ph.D., R.D. “Breakfast doesn’t have to be challenging—it can be as simple as a bowl of Old Fashioned Quaker Oatmeal topped with blueberries and a glass of Tropicana orange juice to get two servings of whole grains and two servings of fruit.”

Research shows that people who eat a balanced breakfast weigh less than those who skip it. According to the American Dietetic Association’s Guide to Healthy Eating for Kids, children who eat breakfast are more likely to meet their daily nutritional needs, keep their weight under control, have lower blood cholesterol levels and attend school more frequently.

Whole Grains

Whole grains are highly recommended in the Dietary Guidelines because they link diets rich in

whole grains to a reduced risk of heart disease and diabetes, and to help with weight management. In spite of these important benefits, government surveys have shown that fewer than one in 10 people consume the recommended amount of whole grains.

Oatmeal is the only whole-grain food recognized by the FDA to help lower blood cholesterol and reduce the risk of heart disease. Oatmeal can also aid in maintaining a healthy weight as part of a diet rich in fiber. All Quaker Oatmeal—Old-fashioned and Instant—are whole-grain foods.

Fruits & Vegetables

Eating fruits and vegetables is associated with a reduced risk of certain types of cancer, heart disease, hypertension and stroke.

The new Guidelines suggest that Americans consume four servings (two cups) of fruit a day. Currently, about half of Americans average only three-fourths of a cup a day. Fruits and fruit juices are important sources of nutrients of concern in the diet, including potassium and vitamin C. Potassium may reduce the risk of high blood pressure and stroke. Drinking a glass of Tropicana orange juice daily provides a full day’s amount of vitamin C and is a good source of potassium and folate.

Pasteurized, 100-percent orange juice can be an affordable source of vitamin C, folate and potassium and even calcium in fortified juices.

For more information, visit MyPyramid.gov.