

## Oatmeal Formulated Just For Women

(NAPSA)—Millions of American women could be eating better, researchers and nutritionists agree. One national study found that more than half of women over 20 failed to meet the recommended daily allowance for six essential nutrients: calcium, folic acid, iron and vitamins A, B6, and E. In many cases, women are grabbing fast food or snacking because they don't have the time to prepare a nutritious meal.

To help make sure women get the vitamins and nutrients they need for a healthy and active lifestyle, the Quaker Oats Company is introducing a timesaving solution—Quaker Oatmeal *Nutrition for Women*, the first line of instant oatmeal specially formulated for women.

“More than ever, women are looking for ways to ‘invest’ in their future health, by adopting healthier lifestyles and eating foods rich in the nutrients proven to improve health and prevent disease,” said Cathy Kapica, PhD, RD, senior scientist and director of health communication and education for The Quaker Oats Company. “There is no doubt that women are leading a hectic lifestyle, trying to balance their responsibilities at home and work while still having some time to have fun and maintain a healthy lifestyle.”

*Nutrition for Women* was developed in response to the growing demand for products formulated for women's specific health needs. Available on supermarket shelves nationwide, *Nutrition for Women* is a delicious hot cereal that brings together the hearty, wholesome goodness of oats with a unique combination of nutrients designed to meet a woman's special needs at



various phases of her life.

In addition to the natural heart-health benefits of oats, *Nutrition for Women* promotes healthy bones with calcium and vitamins A and D; energy with iron and B vitamins; heart health with folic acid, other B vitamins and vitamin E; healthy child-bearing years with folic acid and vitamin A; and hormone balance with soy protein. The hot cereal is available in Vanilla Cinnamon and Golden Brown Sugar flavors.

Quaker's *Nutrition for Women* instant oatmeal is an excellent addition to any woman's healthy lifestyle by combining the goodness of Quaker Oatmeal fortified with the nutrients that a woman needs to feel her best and make the most of every day.

For more information and to get the scoop on women's health and nutrition, including tips for wellness, please visit [www.quakeroatmeal.com](http://www.quakeroatmeal.com).