

# NUTRITION NEWS

## Breaking Down Breakfast Barriers

(NAPSA)—If you ask adult breakfast-skippers why they avoid a morning meal, you may get a few seemingly logical reasons. *Milk and/or dairy products don't agree with me. Who needs the calories? I'd rather sleep. I don't have time.*

Here are a few suggestions for breaking down these breakfast barriers.

### **Milk/dairy doesn't agree with me.**

The National Institutes of Health estimates that 30 to 50 million Americans (about 25 percent of the adult population) are lactose intolerant to some degree.

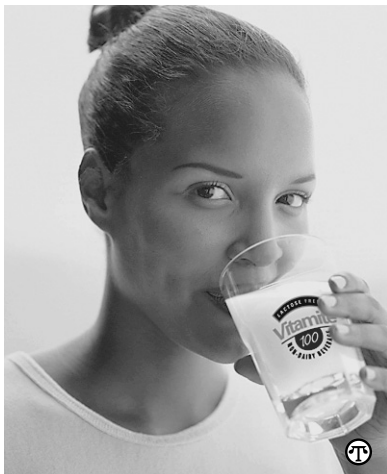
While it may seem that simply avoiding milk is the answer to lactose intolerance, that's neither practical nor nutritionally sound. Dairy foods provide a wealth of important nutrients, including calcium and vitamin D.

Instead of milk, try a lactose-free milk alternative, such as Vitamite® 100. It has all the vitamin D and calcium of real milk, but none of the lactose. For extra flavor and nutrition, stir it into a powdered breakfast beverage mix.

### **I can't "afford" the calories.**

What you really can't afford is to be hungry first thing in the morning. Research shows that dieters who eat a healthful breakfast lose more weight, more easily than those who skip breakfast altogether.

Not only does breakfast help boost your metabolism from nighttime "starvation mode," it also helps prevent you from getting too hungry and overeating later in the day. The best breakfasts are low in calories and fat and deliver some fiber.



**Having breakfast can help prevent you from getting too hungry and overeating later in the day.**

Try a quick smoothie or whole wheat toast topped with reduced fat peanut butter and a glass of milk or Vitamite.

### **I'd rather sleep than eat.**

You'll feel more energized from eating a healthy breakfast than you will from getting a few more minutes extra sleep. Overnight, you're deprived of fuel, so your body and mind crave nourishment in the morning.

### **I don't have time.**

Take a few minutes before you go to bed to plan what you'll eat in the morning. No time for that? Grab a glass of something to drink before you bolt out the door—anything is better than nothing at all.

To receive a free sample, product coupon and brochure about Vitamite 100, send your name and address to Diehl Specialties, 124 Clinton St., Dept. N-3, Defiance, Ohio 43512.