

Take Back Breakfast For A Healthier Lifestyle

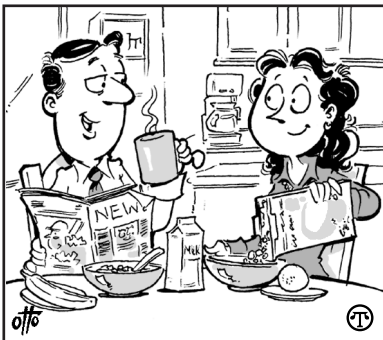
(NAPSA)—Skipping breakfast has more implications than just mid-morning hunger pains. A new review, published in the *Nutrition Bulletin* (June 2007), confirms that people who eat cereal for breakfast daily maintain a healthier weight. Researchers reviewed nine studies to see whether people who eat breakfast cereal tend to have a lower average body mass index (BMI) and are less likely to be overweight than those who do not eat breakfast cereal regularly.

The review, conducted by independent researchers, found that people who eat cereal for breakfast regularly tend to have a lower BMI and are less likely to be overweight than those who do not eat breakfast cereal regularly.

Staying committed to having a healthy lifestyle means having the proper knowledge and tools for weight management. Special K® has been a leader in helping people manage their weight for more than 50 years with cereals that have essential vitamins and minerals, ensuring a smart way to start each day. By simply starting the day with the Special K Breakfast™ (any variety of the cereal with ½ cup of skim milk, fruit and black coffee), consumers can take one step toward maintaining a healthy weight.

In addition to having cereal for breakfast, people watching their weight may also stay on the path to healthy eating by:

- **Controlling portions.** Research shows that people unintentionally consume more calories when faced with larger



portions. To take control of the amount of food on the plate at a restaurant, sharing an entrée with a friend can be helpful. While at home, serving food on individual plates, instead of putting the serving dishes on the table “family style,” can be an effective strategy. Keeping the excess food—and the temptation of “seconds”—out of reach may discourage overeating.

- **Filling up on nutrient-rich foods.** A healthy diet emphasizes fruits and vegetables and includes lean meats, poultry, fish, beans, eggs and nuts. Plan meals around a main protein or vegetable dish and then add whole grains and vitamin-packed veggies to complement it.

- **Cutting down on empty calories.** Keep foods with saturated fats, trans fats, cholesterol, salt and added sugars to a minimum. Things such as chips, sodas, candies and doughnuts are high in calories but offer few other nutrients.

For more tips and tools on how to Take Back Breakfast and stay committed to a healthy lifestyle, search “Special K” at Yahoo.