

Total Nutrition

Energize Your Day—Seven Days a Week

by *Mindy Hermann, R.D.*

(NAPSA)—Looking for easy ways to boost your energy every day? Try these energizing tips to help get you through the week:

Monday—Eat breakfast. Adults who regularly eat breakfast, including cereal, feel better physically and emotionally than adults who don't. For example, the



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family of Total® cereals—Whole Grain Total®, Total® Raisin Bran, Total® Cranberry Crunch, and Total® Honey Clusters—provides 100 percent of the Daily Value of 11 vitamins

and minerals.

Tuesday—Give your brown-bag lunch a makeover. “Make your sandwich with the high-energy goodness of whole grain bread. Complex carbohydrates are absorbed more slowly for longer-lasting energy,” says Dayle Hayes, M.S., R.D., president of Nutrition for the Future.

Wednesday—Be a smart snacker. “Enjoy protein-rich nuts or cottage cheese to help keep your energy up. To power up for a meeting or a trip to the gym, grab a carton of yogurt or half a sandwich made with lean meat or poultry,” advises Patricia Bannan,

M.S., R.D., a Los Angeles-based nutrition consultant and expert for HealthETips.com.

Thursday—Plan for a p.m. boost. Maximize your evening energy by cooking a quick and colorful dinner stir-fry with lean beef strips and crunchy veggies such as broccoli, peppers and carrot slices. “The vitamin C in the veggies helps you absorb the iron from the beef,” explains Hayes. “Your red blood cells need that iron to carry oxygen to all of your cells.”

Friday—Move it. Moving your body in a way that you enjoy can boost energy and lift spirits, says Hayes. Think about activity as fun rather than as exercise. “Choose fitness activities that you love, like dancing or swimming. Then you'll think of the activity in a positive way and you'll be enthusiastic about making fitness a priority.”

Saturday—Whip up a batch of muffins or a quick bread for brunch. For added flavor, nutrition and crunch, crush your favorite Total cereal and sprinkle on top of the batter before baking.

Sunday—Get enough sleep. At the end of a busy week, you might want to sleep a bit later in the morning or go to bed earlier to recharge your batteries. Alcohol, caffeine and heavy, high-fat meals may affect the quality of your sleep.