

# NUTRITION NEWS & NOTES

## Think Pink—Breakfast In A Glass

(NAPSA)—The rest of the day may seem rosier if you start the morning with breakfast—especially if it's a pink one.

A recent study published in the *Journal of the American Dietetic Association* confirmed that breakfast really is the most important meal of the day. Overall, breakfast eaters are more likely to have a better diet quality due to nutrients, such as fiber and calcium, often missed at other meals.

Children especially benefit from the first meal of the day. For example, youngsters who eat breakfast are less likely to be overweight than those who don't. In addition, they tend to do better in school.

To get the day off to a sound nutritional start, remember these do's and don'ts:

**Do** use your blender. Any combination of fruit and low-fat dairy products is a natural.

**Do** make breakfast attractive. For example, layer yogurt, fruit and granola in a parfait glass.

**Don't** discount the breakfast experience. Try to gather family members together even for a few minutes.

**Don't** forget to include a little protein for staying power, whether it's eggs, milk, cheese or a handful of nuts.

Getting kids to eat breakfast may be easier than you think—just make it pink.

This breakfast recipe is delicious, nutritious and a beautiful color.



Kids may feel more “in the pink” and ready for school if they eat breakfast first.

### Think Pink Breakfast

- 1 cup 2 percent fat milk
- ½ cup uncooked rolled oats
- 1 banana, quartered
- 1 cup frozen strawberries (8 berries)
- ½ teaspoon or 1-2 packets Sweet'N Low® zero calorie sweetener
- ½ teaspoon vanilla extract

Combine all ingredients in blender container and blend at highest speed for 1 to 1½ minutes. Makes about 2½ cups (2 servings).

**Per Serving:** 240 calories, 8 g protein, 4 g fat, 44 g carbohydrates, 10 mg cholesterol, 5 g dietary fiber

**Diabetic Exchanges:** 3 other Carbohydrate, 1 fat

For more recipe ideas, visit [www.sweetnlow.com](http://www.sweetnlow.com).