

New Year 2010 resolution: Eat breakfast, lose weight!

Mom told you breakfast was the most important meal of the day and she was right! You may think that skipping meals would help you lose weight, but research suggests the opposite. Skipping meals may actually promote weight gain and some research indicates that people who skip breakfast are much more likely to have

weight problems than those who don't. So think about what gets in the way of a healthy breakfast. Here are two common roadblocks and some tips to overcome them:

Breakfast Roadblock #1... Not enough time.

For those who seem to never have enough time in the morning for breakfast, the key is to keep quick, easy breakfast choices available. A great breakfast includes foods from three of Canada's Food Guide food groups – especially a whole grain, such as Multi-Grain Cheerios, some fruit or fruit juice and a protein food like milk, yogurt, peanut butter or some nuts. These kinds of foods will give your body the energy it needs after fasting all night and keep you satisfied well into the morning. And if you're watching your weight, it's good to know that people who enjoy lots of whole grains tend to have healthier body weights than those who don't. You can learn more about the benefits of whole grains at www.oneyougettingenough.ca.

Breakfast Roadblock #2... No appetite for breakfast.

If you're not a big fan of eating soon after you wake up you can wait a little while, but don't postpone it too long. If this means you need to eat breakfast during your morning commute to work, plan a breakfast you can eat on the way such as an



individual size yogurt, a juice box and a portable container with whole grain cereal to munch on. Running to catch the bus? Here is a recipe for jumbo breakfast cookies or bars you can munch on the way! Make these on the weekend when you have a few more minutes to spare so you'll be able to grab them on weekday mornings as you head out the door.

CHEERIOS BREAKFAST BARS OR COOKIES

Ingredients:

1 1/4 cups	(300 mL)	sugar
1/2 cup	(125 mL)	butter or margarine, softened
1/2 cup	(125 mL)	peanut butter
1/4 cup	(50 mL)	water
1 tsp	(15 mL)	vanilla
1		egg
1 1/2 cups	(375 mL)	all-purpose or whole wheat flour
1 cup	(250 mL)	old fashioned or quick cooking oats
1 cup	(250 mL)	raisins
1/2 tsp	(2 mL)	each baking soda and salt
4 cups	(1 L)	Cheerios* cereal

Method:

1. Heat oven to 375°F (190°C). Stir together sugar, butter, peanut butter, water, vanilla, and egg in a large bowl.
2. Stir in remaining ingredients except cereal. Gently stir in cereal.
3. Pour into ungreased 9x13-inch (23x33 cm) rectangular pan.
4. Bake 15 to 20 minutes or until golden brown. Cool. Cut into bars.

Makes: 24 2-inch (5 cm) bars/cookies

Tip: To Make Breakfast Cookies: Make dough as directed above and drop by rounded 1/3 cupfuls (75 mL) 4-inches (10 cm) apart onto ungreased large baking sheet. Flatten dough to about 1-inch (2.5 cm) thick. Bake 11 to 13 minutes or until golden brown. Let stand 5 minutes before removing from baking sheets. Store loosely covered.

www.newscanada.com

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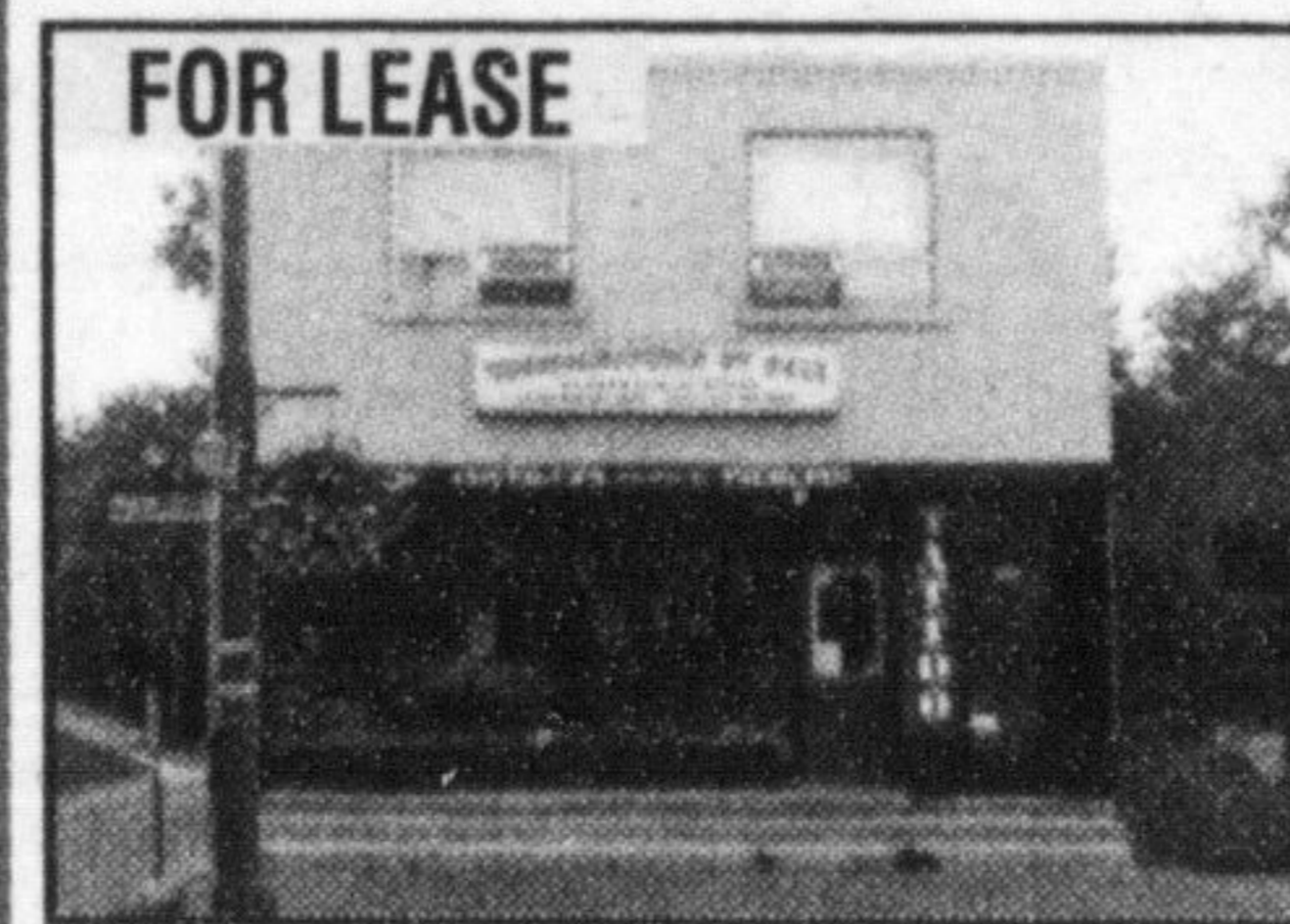
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