



NUTRITION CORNER

THE BEST CEREALS FOR WEIGHT LOSS

Manage your weight with these tasty, nutritious, and filling cereals. Here are some of my favorite picks that won't break your calorie bank. Visit our website for a detailed nutrient list for each cereal.

Special K Protein Cereal



Kellogg's Fiber Plus Antioxidants

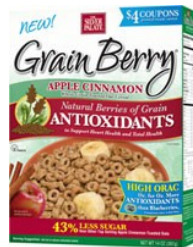


Fiber One Honey Clusters

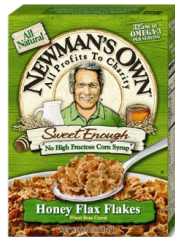


Kids will love this cereal!

The Silver Palate Grain Berry Apple Cinnamon



Newman's Own Honey Flax Flakes



Newman's Own Cinnamon Fiber Flakes



Kashi Honey Sunshine



This cereal is really tasty!

Barbara's Puffins Original



Barbara's Puffins Cinnamon



If you can spare the extra calories, these cereals are good choices also:

Post Raisin Bran



Kellogg's All Bran



DID YOU KNOW?

How to Select the Best Cereal for Weight Loss

Here's useful criteria for choosing a cereal that will keep you full and healthy. For every 100 calories:

- * < 200mgs sodium (who needs so much salt for breakfast?)
- * 4 grams of protein or more is a bonus, but you'll get your protein from your milk so don't worry that much about it.
- * 3 or more grams of fiber. This is the same amount of fiber in a slice of 100% whole wheat bread.



Elizabeth Madison, MA, Registered Dietitian

Let Elizabeth Help You With:

- * Weight and Health Management Support
- * Personalized Healthy Shopping Assistance
- * Menu Planning
- * Recipe Nutrient Analysis
- * Private and Group Supermarket Tours

Call her at 718-598-0617 or email her at emadisonrd@gmail.com