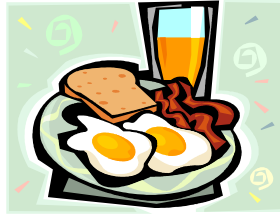


Mission Meltaway
Weekly Newsletter
(Week 10/May 14, 2009)

Power Breakfast!



Why eat breakfast?

→Eating breakfast has a beneficial effect on late-morning mood, feeling satisfied and mental performance.

Breakfast can establish how you feel for the next several hours so treat yourself to a healthy meal so you can be at your best!!

→Eating breakfast keeps you thin.

Researchers from the National Weight Control Registry, a database of more than 3,000 people who have lost at least 60 pounds and kept it off for an average of 6 years, found that eating breakfast every day was a weight control strategy for 78% of the people.

→People who eat breakfast have a higher intake of important vitamins and minerals and lower cholesterol levels.

→Breakfast is delicious!

→Too busy to fit breakfast in?

Your number one weapon against a hectic and chaotic morning is breakfast. Remember to sit down and relax over a healthy breakfast even if you can only spare a few minutes. Researchers have found that people who eat breakfast are more likely to enjoy their day.

→Oatmeal- your miracle food!

Studies show that it lowers cholesterol and reduces the risk of heart disease and type II diabetes. It contains loads of vitamins, minerals and antioxidants. A single packet of oatmeal contains only about 150 calories and has 3 grams of dietary fiber. Most all varieties of instant oatmeal can be prepared in the microwave oven in a matter of seconds. And for those really short on time, here's a secret: you can drizzle really hot tap water over instant oatmeal and have a warm and soothing breakfast in 5 seconds.