Start The Day Right

Being sure to include a variety of foods from all the food groups is as important in planning a balanced breakfast as it is in planning any other meal.

The first meal of the day should include fruit or juice (preferably one that is a good source of vitamin C), milk or another dairy product, bread or cereal and a good source of protein.

High quality protein can be provided by animal products, such as eggs or meat, and by combining the protein of a breakfast cereal with the high quality protein of milk.

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Breakfast should provide at least 15 grams of protein to prevent a mid - or late - morning "slump." Studies have shown that a breakfast containing ready - to - eat cereal, fruit or juice, milk to drink and toast and butter is as nutritious as a bacon and egg breakfast with milk and toast and butter.

Both the cereal breakfast and the bacon and egg breakfast meals average about 22 to 26 grams of protein and about 630 calories, but a cereal breakfast is generally higher in vitamin content.

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The largest percentage of our calories at breakfast and other meals of the day should come from carbohydrates - containing foods.

In fact, it has been recommended that we get 50 to 55 percent of our daily calories from carbohydrates in foods as cereals, whole grain breads, rice, fruit and juices, and vegetables.

The average recommended caloric need per day for a child 7 to 10 years old is about 2400 calories. If 50 percent of these calories come from carbohydrates, about 75 grams of carbohydrate should be provided by breakfast.

This can be easily met by foods that are obviously good sources of carbohydrates — foods such as fruit juice, cereal and bread.

But don't overlook milk. Besides being a good source of protein and calcium, milk also provides carbohydrate.

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Most major brands of breakfast cereal carry carbohydrate information on the side panel of the package.

Information is listed for the total quantity of all added and naturally occurring carbohydrates (starches and sugars) in one serving of cereal alone and for the cereal served with milk.

The amounts are listed in grams of "starch and related carbohydrates" and grams of "sucrose and other sugars." The term "sucrose and other sugars" includes table sugar, corn syrup, honey and any other sweeteners present.

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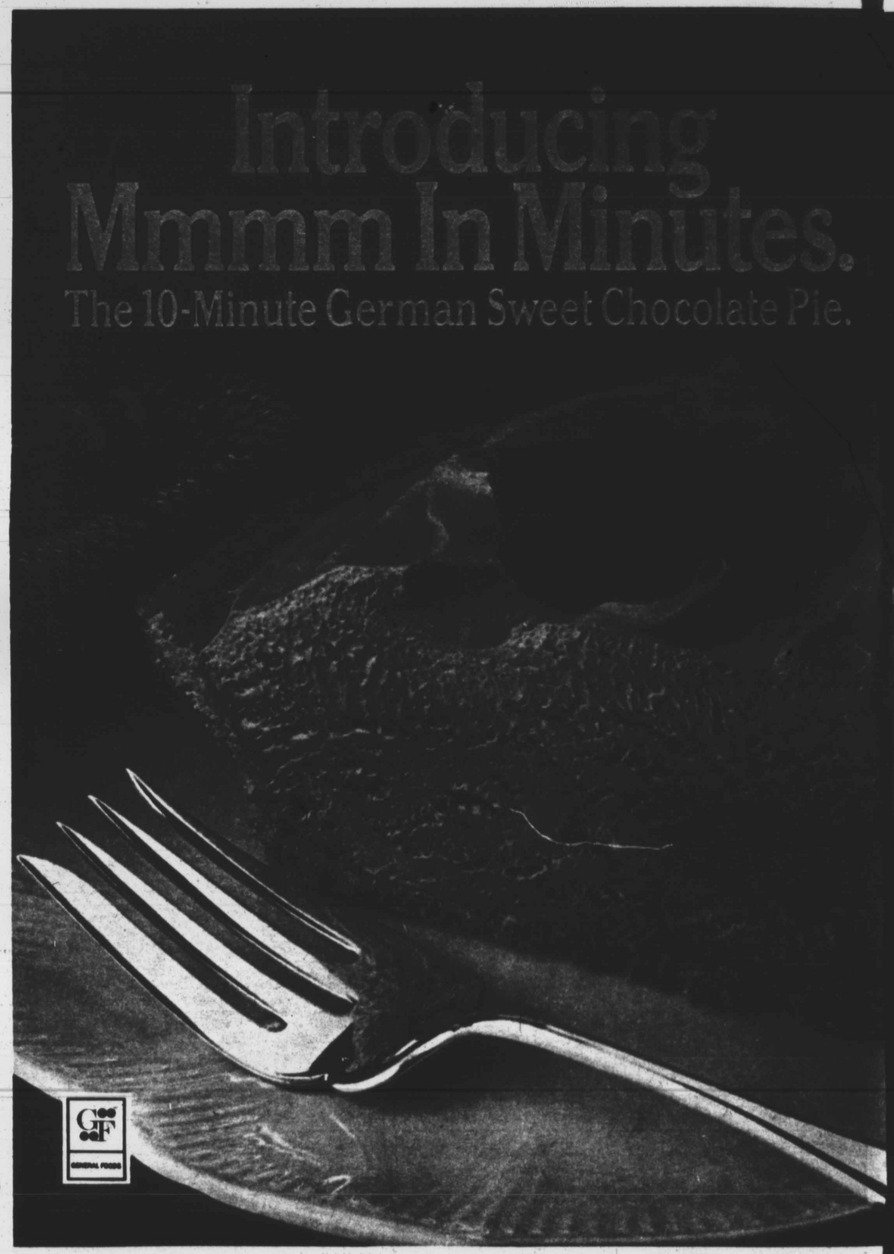
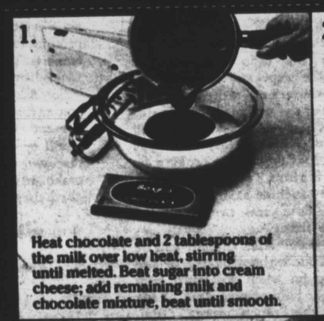
Breakfast is the nutritional bargain of the day. Such foods as bread, eggs, cereals and milk are all good sources of essential nutrients relative to cost.

For example, a serving of cereal with ½ cup milk costs only about 14 cents. Add to this a glass of orange juice, toast with butter and milk to drink and you have a nutritionally complete breakfast for much less than $1.00.

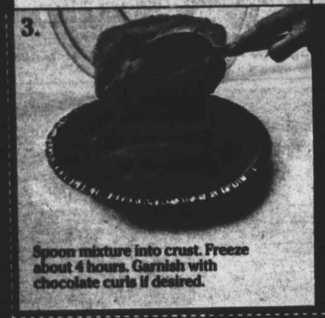


COOL WHIP and BAKER'S German's Sweet Chocolate introduce mouth-watering chocolate cream pie.



Heat chocolate and 2 tablespoons of the milk over low heat, stirring until melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture, beat until smooth.

Fold Cool Whip® Non-Dairy Whipped Topping into chocolate mixture and blend until smooth.



Spoon mixture into crust. Freeze about 4 hours. Garnish with chocolate curls if desired.

The 10-Minute German Sweet Chocolate Cream Pie

1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate*
1/3 cup milk
2 tablespoons sugar (optional)
1 package (3 oz.) cream cheese, softened
1 container (8 oz.) BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping, thawed
1 packaged graham cracker crust

*Only Baker's® makes German's® Sweet Chocolate. Find it in the baking section of your supermarket.

Cool Whip

BAKER'S CHOCOLATE

Cool Whip®.
We're doing fresh things with pies.

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Travel Tips!

1. Most Airlines have low-cal meals available. When making reservations on a lunch or dinner flight, ask that they put one on board for you.

2. Wherever you travel you will find chicken available all over the world, and where there is chicken you will find eggs.

3. Experiment with different kinds of cheeses. Wherever there is water, fresh or salt, you will be able to find fish.

4. Don't forget to pack your emergency supplies along with your cosmetics . . . A cosmetic bag with sweetener, powdered skim milk, packets of lo-cal dressings, butter flavored salt, lemon flavored pepper, packets of instant broth. You can leave your cosmetics at home . . . these can make you more beautiful, if not in face, in body and in soul.

5. Stick by your commitment to yourself. You are thinking in terms of summer right now, but think long range for just a moment. Think of the beautiful smooth lines your fall knits will give you. No more bulges, just curves.

When you learn to cope with your problem through summer, it makes it a little easier to get into the fall with confidence. Accept the challenge . . . You can do it . . . You can do it.