



A bowl of Cheerios (1 cup) with skim milk (1/2 cup) has just 150 calories and 2 grams of fat, for a cost of just 26 cents.

Take it off and keep it off – the secret to weight-loss success

People who have successfully lost at least 60 pounds and kept it off for 6 years probably share at least one lifestyle choice—they eat cereal for breakfast. Researchers who monitor the 3,000 participants in the National Weight Control Registry discovered that nearly 80% of them eat breakfast every day as part of their routine to maintain proper weight. Of those who eat breakfast, 60% say they always or usually eat a bowl of cereal.

What's so special about cereal? The researchers suggest that regular breakfast eating may be an essential behavior for weight loss maintenance for these reasons:

- Eating breakfast may reduce hunger later in the day that leads to overeating.
- Breakfast eaters are able to better resist fatty and high-calorie foods throughout the day.
- Nutrients consumed at breakfast may give people a better ability to be more physically active.