



NEWS YOU CAN USE

Start the school day right with a “smart” breakfast!

It's that time of year again—school is back in session. Getting the kids up, dressed and out the door can be a real challenge, not to mention finding the time to get them to eat a quality breakfast.

It's widely accepted that children who eat breakfast tend to perform better at school compared to children that skip it. Breakfast is considered by most experts (and the SAB) to be the most important meal of the day. It “breaks” your “fast” from the night before. Breakfast provides your brain and body



with the energy it needs to get your day started on the right track, and without breakfast, your energy levels and thinking ability are drastically reduced.

Ironically, researchers reported (in a soon-to-be-published issue of the scientific journal *Appetite*) that children who ate a simple, high-glycemic response carbohydrate breakfasts had a more rapid rate of decline in cognitive function when compared to children who consumed breakfasts that were primarily complex carbohydrates. In fact, the group of children that ate the high-glycemic meals had the reaction-time of a 70 year old within a few hours after eating. The other group of children who consumed the low-glycemic breakfast, had a much lower rate of decline in cognitive function. In fact, their rate of cognitive

decline was half the rate of the high-glycemic group!

This study underscores the importance of not only eating breakfast, but a breakfast that contains low glycemic carbohydrates. In sum, soft drinks and candy bars are not the body's preferred fuel!

Get their day started right with Nourishake!

Nourishake is the best way to get a busy or picky eater to have a nutritious start to his/her day. Nourishake contains a balance of simple and complex carbohydrates to help provide the body and mind with the long-lasting

energy it needs to get through the day. It is also an excellent protein source, providing all 22 amino acids involved in human nutrition. Protein is essential for the body's ongoing tissue growth and repair processes. Nourishake comes in four delicious flavors and mixes easily with milk or your favorite juice.

GR² Control Meal Replacement Protein Shake



Clinically proven to control glycemic response, GR² Control Meal Replacement Protein Shake ensures that your body receives the nutrients it requires while keeping blood sugar levels stable. GR² Control Meal Replacement Protein Shake is a perfect “meal in a glass” that is tasty as well as nutritious. It mixes easily with water and comes in two delicious flavors, Chocolate Dream and Vanilla Whisper.

Dr. Mom



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“One-fifth of your body is made up of proteins, and these proteins all come from your diet. This is why the regular consumption of high-quality protein is critical to the healthy development of young bodies. Consider my teenage daughter: She's 5'10" tall—and she was just a little baby not too long ago! That amazing growth is all from protein.”

