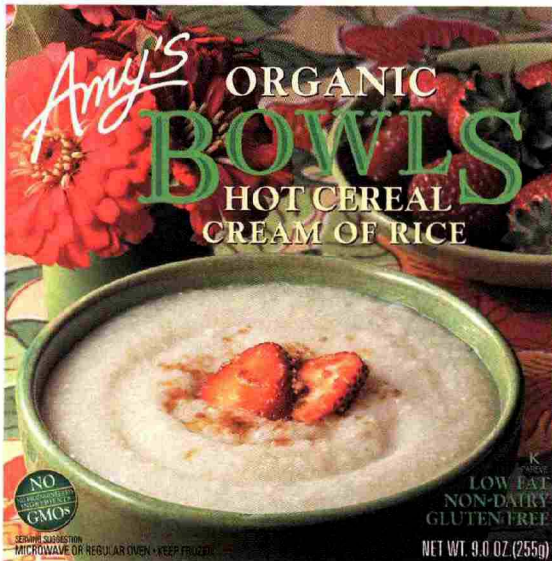


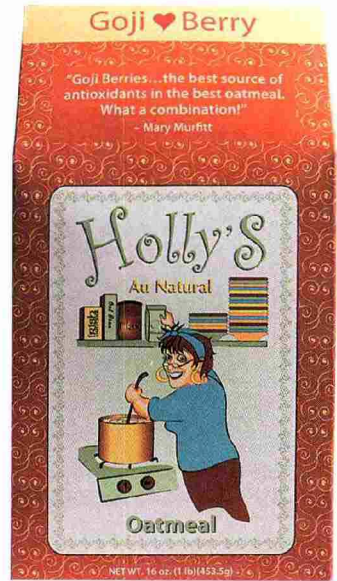
hot fuel

start your day with a warm, comforting and nutritious breakfast

Breakfast really is the most important meal of the day. Studies show that children who eat the morning meal perform better in school, and nutritionists agree that skipping breakfast can actually prevent weight loss. On top of that, consuming healthy fare when you wake up not only revs your metabolism so that your body can burn fat, but it also boosts your cognitive function so you'll think clearly. So get with the program and be sure to fuel your body every morning. And what better way to do that—especially in the winter—than with a piping-hot, nutritiously delicious breakfast? Forget lumpy oatmeal, sugary treats, carb-loaded bagels or—worse—greasy diner food. Nurture yourself with these natural picks, which will keep you full and satisfied throughout your hectic (and occasionally endless) mornings.

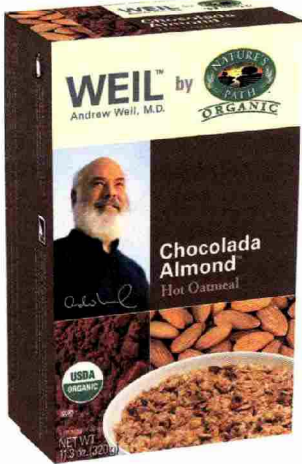


Ready in just three minutes, **HOLLY'S AU NATURAL GOJI BERRY OATMEAL** features a creamy blend of seven whole grains and antioxidant-rich gojis in every spoonful (\$13.60 for two packages; hollysoatmeal.com).
210 cal; 9g prot; .5g fat; 43g carb; 8g fiber



Organic, gluten-free **ARROWHEAD MILLS WILD RICE PANCAKE & WAFFLE MIX** contains just five ingredients: brown and wild rice flours, soymilk, baking powder and the thickening agent xanthan gum (\$6.99 for a two-pound package; arrowheadmills.com).
130 cal; 6g prot; 1g fat; 28g carb; 2g fiber

Find gluten-free **AMY'S KITCHEN CREAM OF RICE HOT CEREAL BOWL** in your grocer's freezer. The nondairy, kid-friendly staple is made from organic brown rice and lightly sweetened with agave nectar (\$2.29 per 9-oz. bowl; amyskitchen.com).
170 cal; 2g prot; 1g fat; 39g carb; 2g fiber



WEIL BY NATURE'S PATH CHOCOLADA ALMOND HOT

OATMEAL contains an impressive 27 grams of whole grains per serving. Organic and vegan, the cereal is even made with fair-trade cocoa (\$5.29 per 11.3-oz. box; naturespath.com).

160 cal; 4g prot; 3g fat; 30g carb; 4g fiber

High in protein and fiber, **FRENCH MEADOW SPROUTED BAGELS** with Ezekiel 4:9 grains are surprisingly low in calories. Yeast-free, organic and vegan, they're made with sprouted barley, lentils, millet and spelt berries (\$3 for five bagels; frenchmeadow.com).

260 cal; 13g prot; 1.5g fat; 29g carb; 4g fiber



VAN'S INTERNATIONAL FOODS ALL NATURAL

BREAKFAST PANINI will satisfy your morning savory cravings. Choose from antibiotic-, nitrate- and nitrite-free Ham, Egg & Cheese; Sausage, Egg & Cheese; or the veggie Huevos Rancheros, all pressed between hearty whole-wheat bread (\$4.69 per 4.5-oz. box; vansintl.com).

260-290 cal; 11-14g prot; 9-13g fat; 28-33g carb; 3-5g fiber



Pop one of **RUDI'S ORGANIC BAKERY ENGLISH MUFFINS** into your toaster and top with nut butter or cottage cheese. Available in three wholesomely delicious varieties: Whole Grain Wheat, Multigrain with Flax and Spelt (\$3.99 for six; rudisbakery.com for stores).

120-130 cal; 5g prot; 1-1.5g fat; 23-25g carb; 2-3g fiber



If you're craving a little meat, try skinless and fully cooked **APPLEGATE FARMS' ORGANIC CHICKEN & APPLE POULTRY SAUSAGES**. They pair perfectly with scrambled eggs (\$6.99 for 12-oz. package; applegatefarms.com).

140 cal; 14g prot; 6g fat; 6g carb; 1g fiber

—Amanda Altman