

Embrace the day... *and your health*

Munching on healthy, satisfying snacks throughout the day, especially when you're on the go, will keep you energized, focused, and ready to tackle anything that comes your way.



Take it from **JODI CITRIN**, a New York City Registered Dietitian, President of Citrition, LLC and co-author of the upcoming book, *The Little Black Apron: A Single Girl's Guide to Cooking with Style and Grace* (Adams Media, October 2007).

HERE ARE SOME SIMPLE WAYS JODI SUGGESTS TO EAT HEALTHY ON THE GO:

1 On Your Way To Work

Start your day off right with a glass of **Carnation® Instant Breakfast®**—delivering complete nutrition, with twice the protein of an egg, twice the calcium of yogurt and 21 essential vitamins and minerals per serving.*

2 Quick-Fix Snack

Try one tablespoon reduced-fat peanut butter with a banana on a whole wheat English muffin. Look for individually wrapped packets of peanut butter or keep a container at work for a protein and fiber-packed snack.

3 Pre-Gym Energy Boost

Try a piece of fruit, such as an orange, or a small handful of dried fruit for an energy boost before your workout.



For more healthy breakfast tips and to learn how to start your morning right, visit cibe.com/breakfast or call **1.800.777.2465**.

For more healthy living tips, visit Jodi's website at citrition.com.

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