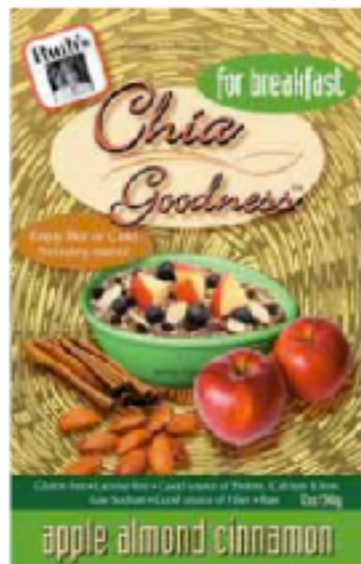


BETTER BREAKFAST RESOURCES >>



- Chia Goodness, a raw instant cereal, combines chia with hulled hemp seeds, buckwheat, Celtic sea salt, fruits, and nuts. Its star ingredient, chia, delivers fiber, protein, more calcium than milk, and more omega-3s than salmon or flaxseed. It's gluten and lactose free and low glycemic. www.ruthshempfoods.com

- Start the day with 100% whole grain and a good source of both fiber and iron with a bowl of Post Shredded Wheat (N. Deep Green, Cinnamon, And



- Chobani, a maker of delicious Greek yogurt, has launched a new line for kids: Chobani Champions, the first Greek yogurt made exclusively to please children's palates. Each cup gives kids 10% of their daily calcium requirements, has twice the protein of other yogurts, and contains five live and active cultures, including three probiotics. The 2% Chobani Champions line not only nourishes but amuses—the 4-ounce cups are packaged with games. www.chobani.com