

**MOM  
BOD**



## Quick Breakfasts to Keep You Full Until Lunch

The most important meal of the day can be the easiest to skip—or get wrong. Go for healthy fat, fiber, and protein, the trifecta that will stave off hunger, says Lisa Drayer, R.D., a nutritionist and author of *The Beauty Diet*. Try these four go-to combos.

ON THE MENU	NUTRITION DEETS	CHANGE IT UP
<p><b>GROWN-UP PB &amp; “J”</b> Smoothie (3 cups mixed berries + 1 cup low-fat yogurt + 2 Tbsp. honey) and whole-grain English muffin with peanut butter</p>	<p>You'll get antioxidants and calcium from the smoothie, and fiber and protein from the English muffin and peanut butter.</p>	<p>Swap the English muffin for a crunchy whole-grain Wasa cracker or the peanut butter for nut-free sunflower butter.</p>
<p><b>SAVORY OPEN SAMMIE</b> Whole-grain toast with cream cheese, smoked salmon, and tomato + 8-ounce glass of 1 or 2 percent milk</p>	<p>Toast and tomato have fiber, cream cheese delivers protein, salmon offers omega-3s, and milk ups calcium and vitamin D.</p>	<p>Sprinkle on ground flaxseed instead of smoked salmon.</p>
<p><b>LOADED OATMEAL</b> High-fiber instant oatmeal + 1 or 2 percent milk + any berries + walnuts</p>	<p>Oatmeal adds fiber, milk has calcium, walnuts provide omega-3s, and berries contain antioxidants.</p>	<p>For a bit of flavor beyond the berries, shake on a dash of cinnamon.</p>
<p><b>SIMPLE PARFAIT</b> Greek yogurt + 1 banana, sliced</p>	<p>Greek yogurt brings double the protein of other yogurts, and bananas add an energy-boosting mix of carbs, potassium, and vitamin B6.</p>	<p>Chobani Less Sugar Greek Yogurts are convenient and contain as much as 12 grams of protein. Top with berries.</p>



**TAKE THE STAIRS!** No time to hit the gym? No prob. Brief, vigorous stair-climbing throughout the day can improve your cardiorespiratory fitness. Try it out by continuously climbing three flights of stairs (or 60 steps) at the start, middle, and end of your day—and push to finish each session in about 20 seconds.

Source: *Applied Physiology, Nutrition and Metabolism*

Brought to you by bees



### HONEY IS HAVING A MAJOR MOMENT

Nothing's more annoying than a summer cold, but have you heard the buzz? Recent studies have shown that eating honey creates a protective barrier in your throat that may prevent infections. (Honey also has antimicrobial properties.) Boost your immune system and kick your cough with these sweet picks.



Next time you feel a twinge of a sore throat, open wide for a few spritzes of **Beekeeper's Naturals Propolis Throat Spray**. Propolis is a germ-fighting supplement with more than 300 vitamins, minerals, and compounds that work to fight off an oncoming illness. \$14; [beekeepersnaturals.com](http://beekeepersnaturals.com)



Let **Zarbee's Naturals 99% Honey Cough Soothers** relieve irritation. The lozenges are made with only two ingredients: honey and a natural flavoring (cherry, lemon, or mint). Be sure to keep them up and away from your kids. \$9; [cvs.com](http://cvs.com)



Manuka honey (produced by bees that feed on manuka bushes in New Zealand) is a true superfood. **Wedderspoon Manuka Honey Plus Immunity** is a mix of manuka honey, elderberry, and watermelon that's rich in vitamin C and fiber. Try it as a quick snack, drizzle it on toast, or stir it into oatmeal. \$20 for a pack of five; [amazon.com](http://amazon.com)

WOMAN: KUPICOO/GETTY; HONEY PRODUCTS: PETER ARDITO; ICONS: THE NOUN PROJECT.