



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

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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 breakfast 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 NutriShake

NutriShake is the best way to get a busy or picky eater to have a nutritious start to the day. NutriShake 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. NutriShake comes in four delicious flavours and mixes easily with milk or your favourite juice.



GR² Control Meal Replacement Protein Shake

Clinically proven to control glycaemic response, GR² Control Meal Replacement Protein Shake ensu-



res 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 flavours, Chocolate Dream and Vanilla Whisper.

“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 (nearly 178 cm) – and she was just a little baby not too long ago! That amazing growth is all from protein.”
Arianna Carughi, Ph.D.