

I get a cheer out of watching my boys eat plenty of good, nourishing food. For breakfast especially, I recommend this BREAKFAST OF CHAMPIONS set-up --- a big bowlful of those whole wheat flakes called WHEATIES, with plenty of milk or cream and some fruit. There's a hearty, well-rounded meal that's fine for athletes in training. What's more, I notice that WHEATIES flavor gets a big hand from just about everybody who eats that dish.

Signed _____