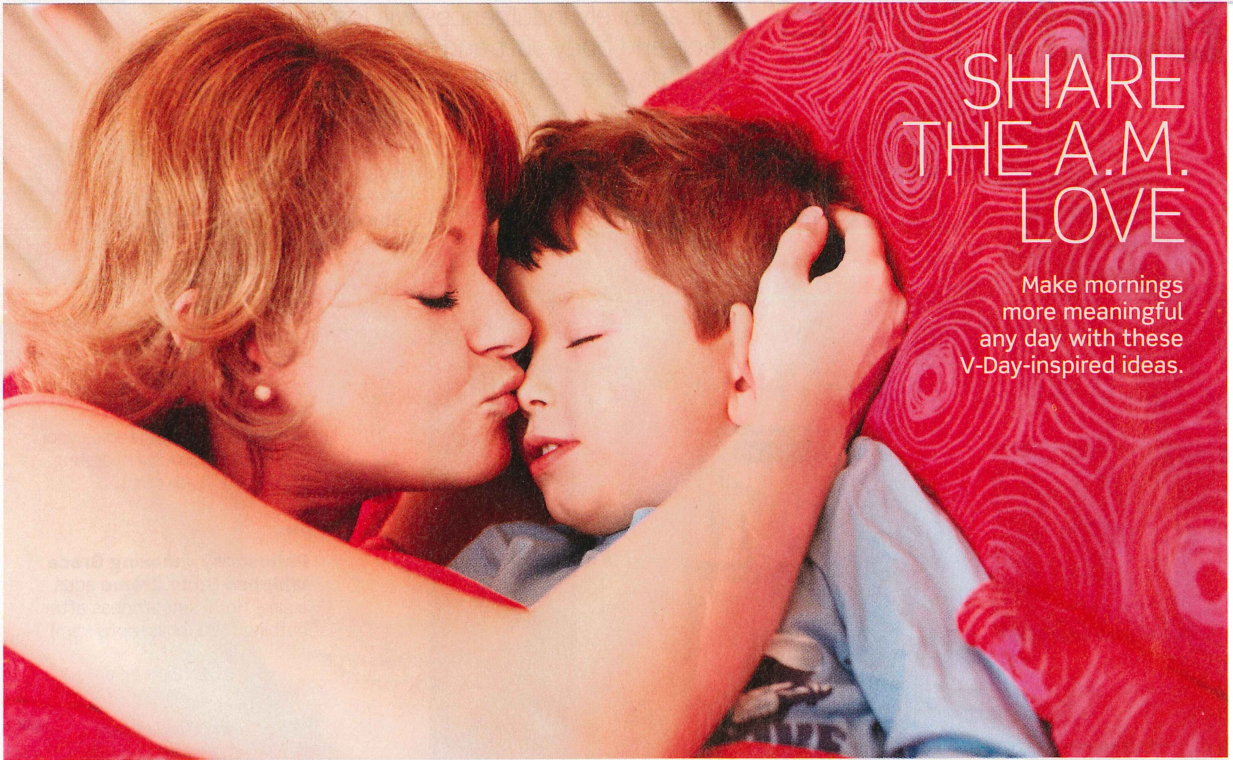



HAVE A BETTER

# morning



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any day with these  
V-Day-inspired ideas.



**Did You Know...** Skipping breakfast can cause you to weigh more. So shows a study from the Dairy Research Institute. Not only do breakfast shunners gain pounds more easily, they're also more prone to bad habits like eating more sweets and drinking soft drinks. So moms, eat your yogurt (or cereal or eggs or toast), please.