

You Deserve The Best Breakfast bar!



With all we have to do in the morning, it's no surprise almost 66% of us grab a convenient breakfast bar before we dash out the door. But which one meets your a.m. cravings and concerns? We asked morning-meal mavens for their advice!

If you want . . .

FIGURE-FRIENDLY APPLE YUM:

Kashi TLC Cereal Bar, Baked Apple Spice

Healthy food reviewer Tanya Taylor, Ph.D. (IAteAPie.net), promises this bar will keep hunger pangs at bay without packing on the pounds. "This bar is just 110 calories, but it contains three grams of fiber and two grams of protein. Even better, the cakey outer layer envelops a delicious jelly bursting with all-natural apple flavor; it really keeps me going through a hectic morning, and I don't feel hungry 'til lunch."
\$2.78 in supermarkets



AN ENERGY BOOST THE KIDS'LL REALLY EAT UP:

EnviroKidz Organic Koala Chocolate Crispy Rice Bars

Erika Wasielewski's blog is called Tummy Treasure.com, and for this mother of two, a bar that fools her kids into eating healthy is worth its weight in gold. "My kids think they're having a chocolate crispy treat for breakfast," she smiles. "But these bars are low in sodium, preservative-free and sweetened with brown rice syrup that doesn't cause a spike in blood sugar!"
\$3.99 in supermarkets



A CHOCOLATE FIBER BLAST:

Kellogg's FiberPlus Antioxidants Bar, Dark Chocolate Almond

For Edwin Chavey (Mr Breakfast.com), nothing beats this bar. "With a layer of chocolate, it satisfies your sweet tooth while providing nine grams of fiber to help you feel full," he says. Adds dietitian Lara Field (FeedKids.com) of the University of Chicago, "It contains antioxidant vitamins E and zinc as well as chicory root fiber, which is great for digestion. Plus, it's delicious."
\$3.69 in supermarkets



A GLUTEN-FREE JUMPSTART:

LaraBar, Cashew Cookie

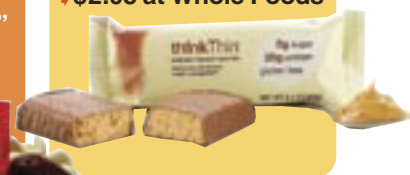
"It's nice to have a grab-and-go gluten-free bar with such quality ingredients," says Kim Bouldin of GlutenFreesLife.com. Kerry McLeod (eBrand Aid.com), author of *The Last Diet Book Standing*, agrees: "There's nothing not to love about these bars; the good carbs and healthy fats come from whole, raw foods. I love the cashew flavor because the nuts provide that extra protein you need to get going in the morning."
\$2.29 in supermarkets



A SUGAR-FREE POWER BREAKFAST:

thinkThin Bar, creamy peanut butter

While preparing to shoot *Iron Man 2*, Gwyneth Paltrow added thinkThin to her breakfast menu, yet nutritionist Deborah Enos needs no celebrity endorsement to know this bar is a star. "Most cereal bars are high in carbs and low in protein, spiking your blood sugar so that you crave more sugar later in the day," she explains. "But thinkThin is sugar-free and has 20 grams of protein—that's unheard of!"
\$2.08 at Whole Foods



—Kristina Mastrocola

Photos: Mauritius images GmbH/Alamy; HBB (6)

Smart Switches!

Copy Taylor Swift's sweet tee!

Instead of this

Don't want to spend \$127 on the singer's cute Lauren Moshi bow tee?

TRY THIS

Our pick is just \$24 at Urban Outfitters.com.

26 inches long from shoulder to hem, so you can wear it over leggings!



Instead of this



TRY THIS



Upgrade your cleaning!

Instead of using a sponge or paper towel to clean mirrors and glass, get pro results with a squeegee! (\$5.99 and up at Organize.com.)

Instead of this



TRY THIS



Save on Greek-style yogurt!

No need to spend up to \$3 for Chobani or Fage Greek yogurts. Yoplait's new thick and creamy Greek yogurt is just \$1.20 for 6 oz.!

Instead of this



TRY THIS



"Fresh-check" your spices!

No expiration date on your spices? Type in the code on the bottom at McCormick.com and Durkee.com to find out if they're still fresh!

Find the best airline seat!

Some websites can't provide a seating chart unless you know the airplane model! At SeatGuru.com, all you need to know is your flight number!

Make plucking painless!

Using ice to numb brows can cause headaches. Instead, buy a roll-on numbing gel. One to try: Ardell Brow Painless Tweeze. \$3.49 at BeautyEncounter.com.