

NEW CASTLE, Del. — Fifty students representing high schools from across Delaware recently celebrated National Nutrition Month at a celebrity breakfast at Delcastle Technical High School. Held in the Sandcastle Cafe at the school, the "Breakfast With the Champions" was sponsored by Delaware High School Wellness Center dietitians, Dairy Council, Inc., and the American Cancer Society. Local celebrities were also on hand to share testimonials about the importance of breakfast in their professional and personal lives.

The breakfast began with Mary Ann Eastep, a wellness center dietitian, encouraging the teens to start the day with a well-balanced breakfast that includes milk group foods as well as fruit, grains and

protein. Miss Delaware, Alison Catherine White, told how she performed better in school and on tests when she had eaten breakfast. Additional speakers included professional boxer Dave Tiberi, wrestler Karl Fisher, and state Representative Terry Spence.

After breakfast, students and celebrities donned milk mustaches at a booth sponsored by Dairy Council, Inc. Deanna Rose, registered dietitian and nutrition specialist of Dairy Council, Inc., stated that 75 percent of breakfast skippers fail to meet their daily requirements for calcium. Since teens are often breakfast skippers, we are here to give them nutritious and delicious morning tips that include calcium and other nutrients that teens' growing bodies need," she added.



"Local celebrities donned their milk mustaches at the "Breakfast With the Champions" at Delcastle Tech during National Nutrition Month. Shown from left are professional wrestler Karl Fisher, professional boxer Dave Tiberi, Miss Delaware Alison Catherine White, and state Representative Terry Spence."

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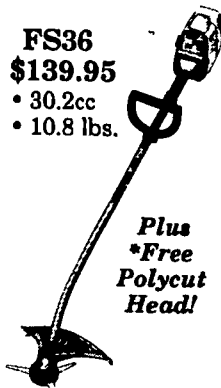


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