

# Soldiers in Central Russia to Be Served Candy for Breakfast

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Soldiers in the Central Military District will now get a candy drop every morning.

Sweet-toothed Russian soldiers may soon find it a whole lot easier to get up in the morning after the military approved changes that will see troops served candy over breakfast.

Soldiers serving in the Central Military District will now get a single 20-gram hard candy drop every morning instead of receiving their monthly candy allowance in one go, Colonel Yaroslav Roshchupkin was cited as saying Wednesday by the RIA Novosti news agency.

The change has been made after nutritionists advised against a once-monthly issue of candy as it was leading to unhealthy binge eating, Roshchupkin said.

Recruits will get a total of 600 grams of caramel drops every month with an extra three candies handed out on Feb. 28 to account for the shortened calendar month, Roshchupkin said.

The drops have been brought in to replace the condensed milk and refined sugar that were

previously issued to non-smoking soldiers in place of cigarettes.

The Central Military District also announced it would no longer be issuing cigarettes to troops, RIA Novosti reported.

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