



START SMART WITH *BREAKFAST!!*

Did you know that *eating a good breakfast* could be *one of the most important decisions* you make each day?

When you sleep, you're actually fasting from food. After a night's rest, it's important to "*break - the - fast*" and start your day with a healthy meal to awaken your body and your mind! **WHY?**

- ▶ People who eat breakfast tend to be **in better shape** than those who skip!
- ▶ Kids who have breakfast **do better with school tasks and get better grades!**
- ▶ Breakfast **boosts your metabolism** to burn calories & help you think and move!
- ▶ Eating breakfast can **boost your mood, improve your focus and concentration!**

SO, WHAT makes a *good* breakfast?

Think about *each food group and try to include as many as possible* for a balanced breakfast! Here are some examples:

- ▶ Whole grain toast or bagel with peanut butter & jelly, and skim or 1% milk
- ▶ Vegetable omelet and whole grain English muffin, and fresh fruit cup
- ▶ Whole grain/high fiber cereal, skim or 1% milk, with fresh or dried fruit.
- ▶ Low fat/whole grain waffles or pancakes, berries, skim or 1% milk or yogurt.
- ▶ Low fat or nonfat yogurt, dried fruit & nut mix, 100% fruit juice.
- ▶ Leftovers from dinner or lunch foods, like sandwiches, too!

What if you're in a **HURRY**? You can grab these:

- ▶ "Instant breakfast" – Whip up a smoothie or meal shake with skim or 1% milk and/or yogurt, fresh or frozen fruit, and ice. Add nonfat dry milk, whey, or soy protein powder to add more protein, if desired.
- ▶ Have a breakfast bar – A complete one would contain at least 8-10 grams of protein, 3 grams of fiber and not too much sugar. (4 grams = 1 tsp.)
- ▶ Hard boiled egg and juice.
- ▶ Low fat cheese stick and fruit.
- ▶ Nuts and drinkable yogurt.
- ▶ Bagel and skim or 1% milk.

Remember: If you want to make the most of each day, *start smart with breakfast!!*

Written by Mary Jo Parker, MS, RD, CDN, Nutrition Consultant to Personal Touch Food Services, Inc.

THE KEY TO LIFE IS BALANCE

