

Building a Better Breakfast

Nutrition News – Benefits of Eating Breakfast

- Improved blood sugar regulation. In several studies, breakfast-eaters were more likely than breakfast-skippers to have stable blood sugar levels after other meals that followed. Eating within two hours of waking up seems to improve insulin sensitivity for the rest of the day. Insulin is the hormone your body produces to move blood sugar (glucose) into your cells; if the glucose stays in your bloodstream, you are at increased risk for type 2 diabetes.
- Protection against heart disease. Research shows that those who do not eat breakfast are more likely to gain weight and have high blood pressure and cholesterol. The reason may be partly due to overeating later, which leads to the next benefit of breakfast.
- Less overeating. People who eat breakfast are more likely to feel satisfied and less likely to overeat in the late morning or at lunchtime. Those who skip breakfast are likely to experience a larger increase in ghrelin, a hunger hormone that promotes overeating.
- Enhanced brain power. In both children and adults, eating breakfast enhances attention, memory and creativity while boosting reasoning, learning and verbal skills. It also improves grades and attendance for students, as well as decreasing behavior issues.

Why should I eat breakfast?

It will wake you up and provide energy for the day's activities. It will also kick start your metabolism to maintain a healthy weight. This way you can...

- Focus better and achieve your daily goals.
- Avoid falling asleep and taking additional naps when you do not intend to!
- Have energy for your favorite sport or other physical activity!
- Stay alert and focused. This contributes to being more aware and decreases fall prevention.
- Look and feel your best!

What goes into a healthy breakfast?

Choose foods from 3-4 food groups to create a balanced meal. Try mixing and matching some of these foods and see what you come up with!

<u>Fruits</u>	<u>Vegetables</u>	<u>Meats, beans and nuts</u>	<u>Dairy</u>	<u>Grains</u>
Apples	Broccoli	Almonds	Cheddar cheese	Bagel
Banana	Carrots	Black Beans	Cream Cheese	Cereal
Blueberries	Onions	Canadian Bacon	Feta	English muffin
Cranberries	Peppers	Hard Boiled Eggs	Fresh mozzarella	Granola
Orange Juice	Spinach	Ham	Greek yogurt	Oatmeal
Strawberries	Tomatoes	Peanut Butter	Low fat milk	Toast
		Scrambled Eggs	Yogurt	Wrap
		Turkey Bacon		

This balanced breakfast has three (3) food groups: Granola, cranberries, and low-fat milk

Granola = grain food group
Cranberries = fruit food group
Low-fat milk = dairy food group

Grocery shopping tip: If you choose to eat granola, be mindful of the amount of sugar. You can calculate sugar by dividing the grams (g) by 4. There are 4 grams of sugar in one teaspoon.



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Create your own breakfast combinations using 3-4 food groups!

Day 1

Food group 1: _____

Food group 2: _____

Food group 3: _____

Food group 4: _____ (optional)

Day 2

Food group 1: _____

Food group 2: _____

Food group 3: _____

Food group 4: _____ (optional)

What if you have a busy schedule?

Breakfast can be quick and easy, here are a few simple ideas so you can just grab and go!

Suggestions for a Healthier Breakfast

Trail Mix

Mix whole grain cereal with nuts and dried fruit

Whole grain English Muffin

English muffin with low-fat mozzarella cheese and sliced tomatoes

Greek Parfait

Greek yogurt with granola or other whole grain cereal and fruit

Breakfast Snacks

- Apple with 2 slices low-fat cheddar cheese and a handful of walnuts
- Whole grain crackers with peanut butter and a glass of orange juice

Fruit Smoothie

Smoothie made with low-fat milk, your favorite yogurt and fruit

Breakfast Burrito

Scrambled eggs with low-fat cheddar and salsa on a whole grain tortilla