

BREAKFAST IS BEST!

WHAT'S THE BIG DEAL ABOUT BREAKFAST?

1. **IT STARTS YOUR METABOLISM** (our body's engine) – making it work more efficiently to burn calories.
2. **IT GIVES YOU ENERGY** – Food is fuel for your body. Eating breakfast will give you the energy to get through the morning.
3. **WEIGHT CONTROL** – The body's hunger signals will be under better control, making it easier to maintain a healthy weight by preventing overeating.
4. **KEEPS YOU ON TOP OF YOUR GAME** – Eating a healthy breakfast will improve your memory and concentration. Those who have a healthy breakfast are in a better mood. They can also concentrate and do better in school.
5. **IT GIVES YOUR BODY WHAT IT NEEDS** – Those who eat breakfast get more vitamins, minerals, fiber and consume less fat. In particular, they get more calcium, iron and magnesium, which are great for bone and muscle health.

A HEALTHY BREAKFAST CONSISTS OF:

- ★ Foods from at least 3 of the 6 food groups: protein, dairy, grains, vegetables, fruits, healthy fats and oils.
- ★ If you get hungry later in the morning (or before lunch), make sure you include protein-rich and fiber-rich foods, as these make you feel full for longer.

BREAKFAST IDEAS!

- ★ Bowl of oatmeal or whole-grain cereal (grain) with low-fat milk (dairy). Add berries, banana slices, chopped apples (fruit), or nuts (protein).
- ★ A granola bar (grain) and apple (fruit) accompanied with a glass of low-fat milk (dairy).
- ★ A cup of low-fat yogurt (dairy) topped with berries (fruit) and a slice of whole wheat toast (grain) with a fruit spread on top.

BREAKFAST CAN HELP YOU LOSE WEIGHT!

WANT TO LOSE WEIGHT? DON'T SKIP BREAKFAST! Why? Because if you skip or have a wimpy breakfast you will be hungry in no time and start craving foods that are convenient and unhealthy. Try other ways to lose weight like eating a smaller dinner or healthier snacks like fruit or nuts.



PROTEIN-RICH FOODS

- ★ Eggs
- ★ Nuts
- ★ Milk
- ★ Yogurt
- ★ Cheese
- ★ Peanut butter

FIBER-RICH FOODS

- ★ Vegetables
- ★ Fruits
- ★ Whole wheat bread
- ★ Brown rice
- ★ Oatmeal

