

Break The Fast With BREAKFAST

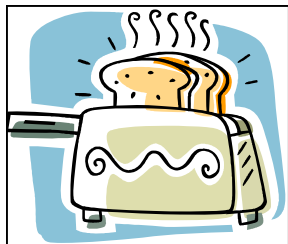
Breakfast is the first meal of the day and should be consumed within 1-2 hours of waking up!

Why YOU Should Fuel Up!

Are you one of the 35-40% of Americans who skip breakfast because you're not hungry, in a hurry, want to sleep more, or think it will help you lose weight?

Breakfast provides your body with the fuel it needs to wake up and helps your brain and body function during the day. A healthy breakfast provides the adequate nutrients needed to "jump start" your metabolism and get the day started.

This important meal should provide you with 25% of the energy and nutrients you need for the day, so make them count! Start your morning right by choosing foods high in fiber, protein, vitamins and minerals.



What can breakfast do for you?

Studies show people who eat a healthy breakfast...

- Are less likely to become obese, and more likely to meet nutrient recommendations compared to those who skip breakfast.
- Make healthier food choices throughout the day and have healthier bodies. 78% of people who have lost weight have kept it off by eating breakfast everyday.
- Have more strength and endurance, and engage in more physical activity.
- Have improved concentration in the classroom, tend to be more creative, think better, and score higher on exams.
- Have increased leptin output, a hormone that suppresses appetite.



BreakFAST Ideas!

Build a healthy breakfast by including 3 or more food groups with at least one fruit or vegetable

- Whole grain cereal with low-fat milk and piece of fruit

- Whole wheat pancake or waffle topped with fresh fruit or fruit preserves and turkey bacon

- Whole grain tortilla filled with 2 scrambled eggs, tomatoes, and low-fat cheese

- Apple slices with cheddar cheese and walnuts



- Whole grain mini bagel with peanut butter and a glass of low-fat milk

- Hard boiled egg and whole wheat toast with low-fat yogurt

- Low-fat cottage cheese with a piece of fruit and a whole grain muffin

- Grapefruit and a whole grain mini bagel with low-fat cream cheese

- Oatmeal made with low fat milk and topped with nuts or dried fruit

- Low-fat or low-sugar granola bar, fresh fruit, and low-fat yogurt

- Breakfast parfait layered with low-fat yogurt, fruit, and cereal, granola, or nuts

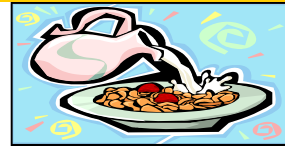
- Smoothie with low-fat yogurt and fruit, topped with granola



- Carnation Instant breakfast made with a glass of low-fat milk and a low-fat granola bar

- Breakfast sandwich made with a whole wheat English muffin, Canadian bacon, & a cheese slice, and a fruit cup

- Egg white omelet with peppers, onions, tomatoes, & low-fat cheese, whole wheat toast



When selecting cereal...

Look for unsweetened, low fat, whole grain cereals. To ensure your cereal is a good source of whole grains, look for:

- “Whole grain” listed as the first ingredient on the Nutrition Facts Food Label.
- Cereal that contains 3 or more grams of fiber per serving; 5 or more is ideal.
- Cereal with 13 or less grams from sugar per serving, unless dried fruit is in the cereal.



Cereal (1 cup)	Calories (kcal)	Fiber (gm)	Sugar (gm)
All-Bran, Original	161	18	10
Cheerios	110	3	1
Fiber One	120	28	0
Frosted Mini	167	6	11
Kashi Go Lean	148	10	6
Raisin Bran	195	7	16
Smart Start Maple	220	5	17
Special K with Red	110	1	10
Total	121	4	6

When selecting granola bars...

Look for granola bars that meet the same guidelines as cereal and are whole grain, low in sugar (13 or less grams), and a good source of fiber (3 or more grams). Examples include:

- Berry Soy Joy
130 calories, 3g fiber, 11g sugar
- Fiber One
140 calories, 9g fiber, 9g sugar
- Kashi TLC Cereal
110 calories, 3g fiber, 9g sugar
- Nature Valley (2 bars)
190 calories, 2g fiber, 11g sugar
- Powerbar Nut Naturals
210 calories, 3g fiber, 10g sugar
- Quaker Chewy
100 calories, 1g fiber, 7g sugar



Instead Of:

- Lucky Charms (1 cup),
147 calories, 1g Fiber
- Bagel (4”),
289 calories, 7g Sugar
- Bacon (1oz),
149 calories, 11g Fat
- Pop Tart (1 pastry),
200 calories, 17g Sugar
- Croissant (2.7oz),
270 calories, 15g Fat
- Whole Milk (1 cup),
160 calories, 8g Fat
- McDonalds Egg McMuffin,
300 calories, 12g Fat

Try This:

- Kashi Go Lean (1 cup),
148 calories, 10g Fiber
- Whole Grain English Muffin,
140 calories, 4g Sugar
- Turkey Bacon (1oz),
34 calories, 1g Fat
- Low Sugar Granola Bar,
100 calories, 5g Sugar
- Low-fat Bran Muffin,
106 calories, 3g Fat
- Skim Milk (1 cup),
90 calories, 0g Fat
- McDonalds Eng. Muffin with Strawberry Preserve,
195 calories, 3g fat