

Eating Well - in the Morning!!

Skipping breakfast is a no-brainer - literally. Skip breakfast and your brain and body suffer all day. Eat well in the morning and get on the nutrition fast track for a healthy day. Breakfast is easy (and essential) ANYWHERE - home, school, work or drive-thru.

WHY eat in the morning?

- 101 **RE-FUEL** your body after a long overnight fast.
- 101 **REV UP** your metabolism for healthy weight.
- 101 **KICK-START** your brain for school or work.
- 101 **IMPROVE** your mood and get rid of grumpy!

WHAT foods make a power breakfast?

- 101 **Carbohydrate:** A high-energy carbohydrate energizes your body and brain for a busy day. Think cereal (hot or cold), bread, muffins, rolls, tortillas or rice. Choose whole grains for an extra nutrition punch - more fiber and phytonutrients.
- 101 **Protein:** This is the missing link in most morning meals. Protein is what you need to go strong until lunch. Think lean - a slice or two of Canadian bacon, an egg, a slice of lean deli meat or cheese, a container of yogurt, a scoop of cottage cheese or leftover meat.
- 101 **Fruit:** Breakfast is a great way to start on the 5 to 9 daily servings of produce your body needs for optimal health. Think fresh, frozen, canned or dried fruit (and vegetables) - like pears, apples, mangoes, berries, bananas, oranges, grapefruit, kiwi or pineapple.

HOW can I fit breakfast in my morning?

For most people, time is the biggest obstacle to eating in the morning. Fortunately, there are lots of easy ways to beat the breakfast rush hour. Here are three tried-and-true tips.

- 101 **Get it ready the night before:** Set the table with bowls and spoons for cereal. Get out a pan for pancakes or a blender for smoothies. Slice up some fruit and cheese.
- 101 **Keep it real simple:** Fancy breakfasts are wonderful when you have the time. On busy days, a sandwich, a slice of leftover pizza or a yogurt with fruit work just fine.
- 101 **Pack it to-go:** If there's no time to eat at home, take your nutrition to-go. Save time (and money) by packing both a brown-bag breakfast and lunch the night before.

