

Breakfast

Everyone knows that breakfast is important, but many people skip it. What's going on? Here are some of the obstacles people tend to experience and some tips to move past them.



No time for breakfast?

No problem!

Here are some quick fixes that you can eat on your way to school, work, or wherever:

- ◆ **Banana (or other piece of fruit) and a carton of yogurt.** Easy to grab and eat on the go.
- ◆ **Raisins & peanuts.** Pre-packed in small plastic bags, these are ready to get tucked in your pocket.
- ◆ **Whole grain Bagel, English muffin, or toast.** Spread with peanut butter or low fat cream cheese.
- ◆ **Graham crackers.** These taste great with a thin layer of peanut butter.
- ◆ **Blender drink.** Whip together juice, fruit, & yogurt.
- ◆ **Hard-Boiled Eggs.** Cook a large pot to use throughout the week.

Not hungry in the morning?

Easy solution!

- ◆ Carry a snack in your backpack, purse, or briefcase to eat a little later in the morning (when your stomach wakes up).
- ◆ Try these great snack foods:
 - ◆ granola bar
 - ◆ dry whole grain cereal
 - ◆ nuts and raisins

- ◆ fruit
- ◆ whole grain bagel or whole grain crackers (Ak Mak for example)

Don't like breakfast foods?

Who says you have to eat cereal, toast, & eggs?

Check out these ideas for breakfast:

- ◆ leftover pizza (with veggies on top is the healthiest)
- ◆ a whole grain peanut butter & jelly sandwich
- ◆ a cottage cheese “sundae” with sliced fruit & sunflower seeds
- ◆ a quesadilla made with low fat cheese

Skipping breakfast to save calories?

Bad move!

- ◆ Calories eaten at this meal are more likely to get burned off during the day's activities. You're better off skipping those extra late night snacks, which just go to bed with you.
- ◆ If you skip breakfast, you are likely to be overly hungry by lunch. And then, you overeat at lunch. No calories saved!
- ◆ Eating breakfast helps to wake up your metabolism for the day—why wait until lunch?

