



## **Start Your Day Off Right**

It's time to stop making excuses or eating on the go when it comes to breakfast.

You woke up late. There's nothing in the refrigerator or cabinets. You just don't have time. It's time for you to stop skipping breakfast and start making healthy choices. With so many benefits to eating a healthy breakfast, there's no excuse to miss it.

So why should you eat breakfast? Easy! It fuels the body, providing you with energy, aids in weight management and can improve your concentration and problem-solving abilities.

Studies have shown that children who eat breakfast do better in school – and the same can go for you and your job. If you do skip breakfast, chances are you'll cave in to the vending machine and grab a sugary snack. Sure, this quick fix might work for a little while, but come lunchtime, you'll be hungry and more apt to make even more unhealthy choices at lunch! And if it means that you have to wake up 15 minutes earlier, then so be it! Remember, eating a good breakfast sets the tone for the rest of the day.

What should you eat? There are plenty of foods to eat that will fuel you up and get you going, and breakfast is a good time to get nutrients into your diet. Try foods that are rich in protein like dairy products including milk and yogurt, eggs, Canadian bacon (less fat than regular bacon) or even egg substitutes. Get fruity: add some fresh fruit to your cereals or even mix it with oatmeal. Load up on foods with whole grain; just make sure the first ingredient says "whole" grain. The lesson here is to load up on protein and fiber because they satisfy your hunger and will keep you feeling full until lunchtime.

If you're pressed for time, break your breakfast into two smaller meals. Eat something small – like a hardboiled egg – at home, and a few hours

later, take a break and munch on fresh fruit and a handful of healthy nuts. Hint: Make breakfast easier by preparing stuff the night before. For breakfast on the go, mix together some cereal with nuts and raisins, and drink a small carton of low-fat or skim milk. Time is not an excuse!

But what not to serve is just as important as what is on your plate. Steer clear of sugary cereal, syrups, pastries and white bread – these all digest quickly and will only leave you tired and more hungry. Toaster pastries are a no-no because they're loaded with unnecessary fat, calories and carbs. Also, skip the breakfast bars that lack nutritional value: you know they aren't good for you if the first ingredient in the bar is sugar, followed by refined flour!

Oh, and if you're eating out for breakfast, skip the fat-filled doughnuts, scones, croissants or biscuits. Look for items that are whole-grain or get a veggie omelet! You can still make the right choices and have a delicious breakfast.

Eat breakfast, be happy, be healthy!