

Healthy Weighs

Why eat Breakfast?

You've heard it before "Breakfast is the most important meal of the day." Ever wonder why? Breakfast is important for refueling your body after a night's sleep. The eight or more hour time span between dinner and breakfast is the longest span between any of the three meals of the day. While you are sleeping, the body needs fuel to keep your heart beating, nerves transmitting, and cells dividing, just to name a few. Much of that fuel comes from the readily available stores of glucose in the blood, liver and muscles. By sunrise, the body is essentially in a fasting mode. That first meal of the day literally breaks the fast. That's why breakfast is so important, especially if you exercise in the morning.

If you skip breakfast, blood sugar levels drop, fatigue, poor concentration, and irritability and lethargy results. During intense or long duration exercise, your muscles need the fast-burning energy that comes from carbohydrates. Without it, your performance will suffer because of low blood sugars and depleted energy stores. A quick high-carbohydrate breakfast that includes a low-fat protein source may be all it takes to boost your morning workouts and keep your energy levels high throughout the day.

Some more reasons to eat breakfast:

- ⇒ Consume more vitamins and minerals and less fat and cholesterol
- ⇒ Have more strength and endurance
- ⇒ Have better concentration and productivity throughout the morning
- ⇒ Control their weight
- ⇒ Have lower cholesterol, which reduces the risk of heart disease

For a Nutritious Breakfast Include:

1. Fruit or Vegetable (or their juice): Choose one rich in Vitamin C such as oranges, lemons, grapefruits, cantaloupe, or tomato.
2. Fiber: good sources of fiber such as: whole grain breads or muffins, whole grain cereals (bran, oatmeal, unsweetened granola, shredded wheat); brown rice, fruits and vegetables.
3. Protein: Include a good sources of protein such as: milk, cheese, yogurt, meat, fish, poultry, beans, or eggs.

Simple "Pocket Breakfasts":

- Peanut butter sandwich and milk
- Bagel with cream cheese
- Egg sandwich
- Fruit and yogurt
- Banana and peanut butter on toast, milk
- Cheese crackers, fruit juice
- Cottage cheese and fruit
- Blended drinks in a thermos– milk or yogurt with bananas or oranges
- Dried fruit, seeds, and nuts
- Tomato juice and a piece of chicken
- Instant breakfast drinks or nutrition bars



FIT TIPS

Thinking Outside the Box—Healthy Alternatives to Watching TV

Television cuts into family time, affects our children's ability to read and succeed in school, and contributes to inactivity that can lead to obesity.

Here are some TV-alternatives:

- **Real World Half-Hour:** Take a moment to spend quiet time with your family. Start your day by preparing breakfast together or end it by making dinner.
- **A Young and Restful Hour:** Try to exercise for 20 to 30 minutes, preferably a few hours before bedtime. Studies show that regular physical activity helps sleep.
- **Entertain Yourself Tonight:** Plan a Family Game Night and play or create board games, read chapters of your favorite book or play cards. Involve your children and their friends.
- **One Life to Live Healthy:** Including physical activity in your daily schedule doesn't need to be difficult. Take the steps instead of the elevator, mow your lawn, play with your dog for 20 to 30 minutes a day.
- **TV Free Week:** Now that you've saved more than 24 hours in personal time, do something fun for yourself.

Source: *Healthy Women Today*, July 2003, U.S. National Women's Health Information Center, www.4woman.gov.

Oat-Bran French Toast Recipe

2 cups	nonfat milk
1/3 cup	reduced calorie maple syrup
1/2 cup	egg substitute
1 cup	oat bran or oat flake cereal
2 tsp	cinnamon
12 slices	reduced calorie whole wheat bread

Combine milk, syrup and egg substitute and mix until blended. Combine oat bran and cinnamon in a separate bowl and mix well. Dip bread in the egg mixture and then in the oat bran mixture (both sides.) Heat a large nonstick skillet over medium heat and cook until golden brown on both sides.

Serve with syrup.

Makes 6 servings

Serving Size 2 slices

Calories	190
Total Fat	2 grams (9% calories)
Saturated Fat	Trace
Cholesterol	1mg
Sodium	333mg
Carbohydrate	41grams (71% of calories)
Protein	11grams (20% of calories)
Dietary Fiber	8grams

