



# Smart Breakfast Ideas & Overcoming Excuses

Studies show, people who eat breakfast tend to have a lower body mass indexes (BMIs) and in general have a more nutritious diet than people who skip breakfast. Why? Because breakfast is a great opportunity to satisfy servings for fruits, whole grains, dairy, lean protein and meet fiber recommendations. Starting the day with a healthy breakfast sets the tone for the day and encourages people to choose wisely the rest of the day.

Weight control is usually enhanced with regular breakfast because a meal containing protein and fiber is satisfying and therefore you are less likely to overeat and more likely to lose weight. In fact, successful losers, people who have lost weight and kept it off for years, make it a habit to eat breakfast almost every day.

- Have a box of high-fiber, whole-grain cereal or healthy granola bars in your desk drawer at work.
- Travel a lot with your job? Throw some packets of low -sugar instant oatmeal in your suitcase for a quick, easy-to-make meal in your hotel room!
- Plan a healthy breakfast the night before and have everything set out so there is no confusion or wasted time in the morning. If you have to hurry in the morning you're more likely to forget healthy habits.

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## *Sample healthy breakfast meals*

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- ❖ Poached egg, whole wheat toast and half a grapefruit
  - ❖ Smoothie made with low-fat yogurt, fruit and 100% fruit juice
  - ❖ Low-fat Greek yogurt parfait with fruit and granola
  - ❖ Egg sandwich with cheese on a whole-grain English muffin
  - ❖ Whole-grain cereal, low-fat milk and fruit
  - ❖ Oatmeal, chopped nuts and dried fruit
  - ❖ Whole-grain waffle with peanut butter and banana
  - ❖ Bean burrito with cheese and salsa
  - ❖ Scrambled eggs with spinach, whole-grain toast and orange juice
  - ❖ Whole-grain bagel with cream cheese and salmon and tomato juice
  - ❖ Last night's leftover dinner
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For you and your children, every excuse or barrier to eating a nutritious breakfast has a solution. Don't let these excuses stand in your way of starting your day with a good breakfast:

**"I'm not hungry in the morning."** Start your day with a cup of 100% fruit juice or a piece of whole-wheat toast. Later when you are hungry, eat a mid-morning snack — a hard-boiled egg, low-fat or fat-free milk or yogurt, low-fat string cheese or a whole-wheat bagel.

**"I don't have enough time in the morning."** Stock your kitchen with easy-to-prepare foods such as breakfast cereal, instant oatmeal, small bagels, whole-grain toaster waffles, yogurt and fresh fruit.

**"I'll gain weight."** There is no evidence to support the belief that eating breakfast will make you gain weight. In fact, skipping meals has been shown to lead to overeating at snack time or the next meal.

**"I don't like breakfast foods."** Breakfast can be any food you like. A slice of pizza, bowl of soup, a lean-meat sandwich or leftovers all make a fine breakfast.

Think of breakfast as your body's morning refueling stop to get your day going the right way.

