BUILD A BETTER BREAKFAST

Start your day off right with a balanced breakfast. Studies have shown that those that eat breakfast perform better in school and studies suggest that eating breakfast can help with weight management.

Fuel for the body
Think of your body as an engine. Food’s nutrients and calories fuel your body just like gasoline fuels a vehicle. After an overnight fast of 8-12 hours, your brain and body needs fuel for energy. Skipping breakfast leaves your brain without fuel, making it difficult to concentrate.

Time Crunch
Many students find it difficult to fit breakfast into their morning routine. Planning ahead may mean waking up a few minutes earlier to grab something from the dining hall or grabbing something to go, such as a protein bar, trail mix, or a yogurt parfait.

It’s all about Balance
Everyone needs a different amount of calories, so figure out what works best for you. Choose foods from several food groups to get a variety of nutrients. Focusing on fiber, proteins, and healthy fats will help keep you fuller longer than a breakfast made of simple sugars. Some days we crave eggs, bacon, and home fries while other days a quick bowl of cereal does the trick. Balancing healthy breakfasts with the indulgent ones makes life exciting.

Winning Choices

- Bowl of oatmeal with craisins, berries, or bananas with milk or soymilk.
  - Need extra protein? Stir in some peanut butter or sunflower seeds
- Whole grain cereal (such as cheerios, raisin bran, Kashi) with milk and fruit
- Yogurt Parfait: 3/4 cup of yogurt with 1 cup fruit and 1/2 cup granola or cereal.
  - Need extra protein: Go for Greek yogurt
- Whole wheat toast with peanut butter and sliced bananas
- Scrambled or hard boiled eggs with whole wheat toast and fruit
- Mindful breakfast sandwich
- Whole grain bagel with low fat cream cheese
- Whole grain waffle with yogurt and fruit
- Whole grain muffin with milk or soy milk