

# BREAKFAST OF CHAMPIONS

Breakfast, commonly known as the most important meal of the day, breaks the body's fasting state from the night prior and refuels our body for the day ahead.



## Benefits of Breakfast:

**Energy:** Breakfast provides energy-boosting carbohydrates such as oatmeal, whole wheat bread, and fruit to get going in the morning.

**Boost Memory:** Fueling the body with complex carbohydrates such as whole grains provide the brain with adequate carbohydrate to function.

**Maintaining Good Health:** Research has shown those who eat breakfast are leaner and make healthier food choices throughout the day.

**Improved School Performance:** Researchers have shown that students who consume breakfast perform better academically. Breakfast

## Stepping Up Your Breakfast Game:

**Incorporate whole grains:** Whole grains make you feel full longer and reduce the risk of chronic diseases such as some cancers, type 2 diabetes, and stroke.

**Protein-Carbohydrate combinations:** Protein-carbohydrate combinations in the morning aid in satiety and control blood sugars to help tie you over until lunch.

**Start the 5-a-day:** Breakfast is an ideal time to start the recommended five servings of fruit and vegetables for the day. By adding berries to cereal or tomatoes and spinach to an omelet you can start the day off on a healthy note.

**Stay hydrated:** Start your day with a glass of water or 100% fruit juice to rehydrate your body from the night prior.

**Build breakfast into your routine:** If you are busy, bring breakfast on the go. As long as you eat within the first couple hours of the day you will receive the benefits of breakfast.

## On the Go Breakfast Ideas:

- **Hard boiled eggs**
- **Yogurt and granola**
- **Smoothies**
- **Overnight oats**
- **Egg muffins**
- **Breakfast burritos**
- **Toast**
- **Trail mix**
- **Muffins**
- **Dry cereal**
- **Protein or granola bar**
- **English muffins**