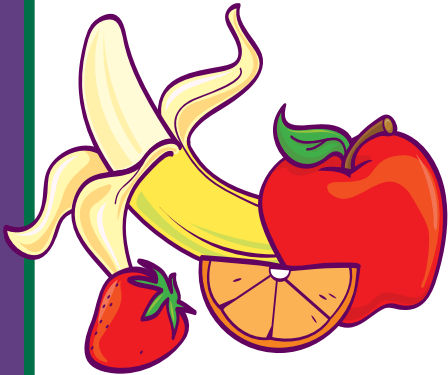


# HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



## BREAKFAST BASICS

**W**ith thoughts of the approaching fall and the beginning of the new school year, it is a great time to think about the most important meal of the day... *breakfast*. Nutrition and learning go hand in hand. Kids and adults who eat breakfast concentrate, learn, and perform better. They are also less likely to be overweight. Thirty-five to forty percent of Americans skip breakfast. Many of those who do make the effort to eat in the morning choose high fat and high sugar foods and beverages—hardly the way to start the day. If you or your children are not hungry first thing in the morning, start with something light.

*Here are some great ideas to start your day with a healthy foot up.*

Think outside the box: a healthy breakfast can be a turkey sandwich, leftovers, low fat cheese and crackers—even a bean burrito.

Plan ahead—have quick foods on hand; prepare extra on weekends and freeze; prepare the night before; talk to your children about the expectation to eat breakfast; be a good role model; write out a menu. If you wait until 5 minutes before you need to leave the house, eating a healthy breakfast is not likely.

Scoop 1/4 cup of low fat cottage cheese into a cantaloupe half or add canned fruit (no added sugar of course).

Breakfast smoothies are a quick and delicious way to start the day. Think about orange juice, low sugar yogurt and fresh or frozen fruit. Chocolate Carnation Instant Breakfast® (the no-added-sugar variety), skim milk, a little peanut butter and ice in the blender is a quick drink even the most dedicated breakfast avoider will enjoy. Buy disposable cups, lids and straws to make your breakfast smoothie portable.

Make a lower fat breakfast quiche on the weekends; freeze individual servings—just a quick pop in the microwave or toaster oven and you're all set.

How about a healthy breakfast muffin sandwich—start with a toasted English muffin, add a slice of low-fat cheese, and scrambled egg substitute.

Stir fresh fruit or low fat cottage cheese into no-added-sugar yogurt.

Spread a thin layer of peanut butter on a tortilla or wrap, fill with banana slices, roll and go.

Add unflavored protein powder to pancake or French toast batter. Top with fresh fruit and a small amount of sugar free syrup.

Make breakfast muffins ahead and freeze. Just pop in the microwave or take with you for a mid morning snack.

Special K Protein Plus® cereal has 10 grams of protein, 5 grams of fiber and just 2 grams of added sugar. Add 1/2 cup skim milk and you are up to 14 grams of protein.

Read the labels on breakfast bars, granola bars, and cereal bars. Most are full of sugar, setting you or your children up for a plummeting blood sugar level shortly after eating.

Fresh fruit served with a low sugar yogurt dip is a great way to start your day. Try fat free unflavored yogurt with a scoop of your favorite vanilla or fruit flavored Nectar protein powder stirred in. When you add a scoop of protein, the protein skyrockets from 7–9 grams up to about 30 grams.

Add some spice to your breakfast with a breakfast burrito. Scramble some eggs, egg whites or egg substitute. Roll them in a tortilla with a little chopped tomato, grated reduced fat cheese, low fat or other favorite toppings.

An English muffin pizza is easy to whip up. Just top 1/2 of an English muffin with a little pizza sauce, grated cheese and chopped ham and place under the broiler for few minutes.

