



Activity Title: EAT A HEALTHY BREAKFAST

Activity Type: Individual

Duration: One week or one month

Point Values: - Earn 1 point for eating each of the following at breakfast:

1.) A fruit or vegetable

2.) A whole grain food

3.) A low-fat protein or dairy product

- 3 points maximum per day

- 93 points maximum per month

Description

Many people think that avoiding breakfast will lead to better weight management. Most often, the opposite is true. Not eating breakfast makes the body crave food later in the day. Choices made when “starving” are frequently not the most nutritious. A healthy breakfast that fires up the metabolism sharpens mental acuity and positively affects our mood is the best way to start a new day!

EAT A HEALTHY BREAKFAST rewards people for starting the day off with a nutritious breakfast. A maximum of 3 points can be earned each day by eating one item from the three food categories described above. The Mayo Clinic describes the core of a healthy breakfast as follows:

- Whole grains. Examples include whole-grain rolls, bagels, hot or cold whole-grain cereals, low-fat bran muffins, crackers, or Melba toast.
- Low-fat protein. Examples include peanut butter, lean meat, poultry or fish, or hard-boiled eggs.
- Low-fat dairy. Examples include skim milk, low-fat yogurt and low-fat cheeses, such as cottage and natural cheeses.
- Fruits and vegetables. Examples include fresh or frozen fruits and vegetables, 100 percent juice beverages without added sugar, or fruit and vegetable smoothies. Choose low-sodium versions of beverages, though.

How It Works

1. Determine the duration and establish incentives, if any, for points earned during the activity.
2. Share the description and resources with employees.
3. Communicate before and during the activity, using the resources, health information and quotes provided. Emails, social media postings, posters and communication from management can be effective in promoting participation.



How It Works continued

4. Distribute the **Individual Scorecard** and post the **Group Scoreboard** in a high traffic area. Individuals keep track both on their **Individual Scorecard** and on the **Group Scoreboard**.
5. After breakfast each day, individuals enter the appropriate points for the food that they consumed on the **Individual Scorecard** and on the **Group Scoreboard**. “1” point is awarded for eating a food in each of the categories listed below. “3” points is the maximum that can be earned in one day.
 1. Fruit or Vegetable
 2. Whole Grain Food
 3. Low-fat Protein or Dairy Product
6. At the end of each day, individuals rank their day from 1 to 5 (best). The purpose of ranking each day is to see if a relationship can be shown between eating a healthy breakfast and how people feel.
7. At the end of the activity, award points and incentives earned. After a month-long activity, present **Certificates of Achievement** as follows: Gold = minimum of 80 points, Silver = minimum of 60 points, and Bronze = minimum of 40 points. Consider having a prize drawing at each achievement level.
8. Encourage people to share their experiences and invite them to complete the **Activity Survey**.

Wellness Benefits

- Kick starts your metabolism
- Provides important vitamins and minerals
- Helps with weight control – one study showed that people who miss breakfast are 4 times more likely to be obese!
- Discourages binge eating later in the day
- High-fiber cereals can help reduce the risk of heart disease, stroke, diabetes, and colon cancer
- Improves memory, concentration and performance
- Increases strength and endurance for physical activity
- Improves mood

Measureable Outcomes

- Did the “Rate Your Day” improve over the course of the activity?
- Did people appear more alert and energized during the activity?
- Did people report that they lost weight, or inches off their waistline, during the activity?
- Did people report that they were eating a healthy breakfast for the first time?
- Did employees share that they intend to make other lifestyle changes?

Resources

About.com Nutrition (nutrition.about.com)

“Don’t Skip Breakfast”

Link: <http://nutrition.about.com/od/nutrition101/a/breakfast.htm>



Resources continued

About.com Weight Loss (weightloss.about.com)

“Healthy Breakfasts at the Office”

Link: <http://weightloss.about.com/od/eatsmart/qt/officebreakfast.htm>

Harvard Health Publications – Harvard Medical School (health.harvard.edu)

“The Benefits of Breakfast”

Link: http://www.health.harvard.edu/healthbeat/HEALTHbeat_031605.htm

“Weight loss and breakfast: Breakfast benefits health and can aid in weight loss”

Link: http://www.health.harvard.edu/press_releases/weight_loss_healthy_breakfast

Health.com

“A Sample Menu for a Low-Fat Diet”

Link: http://www.health.com/health/gallery/0,,20313653_2,00.html

Huffington Post Healthy Living (huffingtonpost.com)

“Health Benefits Of Breakfast: 7 Reasons Not To Skip Your Morning Meal”

Link: http://www.huffingtonpost.com/2012/10/16/health-benefits-breakfast_n_1968248.html

John Hopkins Bloomberg School of Public Health (jhsph.edu)

“Why You Should Eat a Healthy Breakfast”

Link: <http://www.jhsph.edu/offices-and-services/student-affairs/Breakfast>

Livestrong.com

“The Advantages of Eating a Healthy Breakfast”

Link: <http://www.livestrong.com/article/353909-the-advantages-of-eating-a-healthy-breakfast/>

Mayo Clinic (mayoclinic.com)

“Healthy Breakfast: Quick, Flexible Options to Grab at Home”

Link: <http://www.mayoclinic.com/health/food-and-nutrition/NU00197>

Mr. Breakfast.com (mrbreakfast.com)

“Why Eat Breakfast? (The Facts)”

Link: <http://www.mrbreakfast.com/article.asp?articleid=7>

Reader’s Digest (rd.com)

“27 Ideas for a Healthier Breakfast”

Link: <http://www.rd.com/health/healthy-eating/27-ideas-for-a-healthier-breakfast/>

Real Simple (realsimple.com)

“Healthy Breakfast Foods Checklist”

Link: <http://www.realsimple.com/food-recipes/recipe-collections-favorites/healthy-meals/list-breakfast-foods-00100000078651/index.html>

SFGate.com (healthyeating.sfgate.com)

“What Constitutes a Good Protein Breakfast?”

Link: <http://healthyeating.sfgate.com/constitutes-good-protein-breakfast-1336.html>

SymptomFind.com

“Top 10 Benefits of Eating Breakfast”

Link: <http://www.symptomfind.com/nutrition-supplements/benefits-of-eating-breakfast/>

WebMD.com (webmd.com)

“Healthy Breakfast Ideas and Recipes”

Link: <http://www.webmd.com/food-recipes/features/healthy-breakfast-ideas-and-recipes?page=3>

“The Many Benefits of Breakfast”

Link: <http://www.webmd.com/diet/features/many-benefits-breakfast>



Additional Ideas

1. Invite a food expert to demonstrate how to juice and/or make smoothies.
2. Host a “Healthy Foods Tour” at a local grocery store.
3. Invite a local supermarket to provide instruction on healthy breakfast foods.
4. Invite a food professional to provide instruction on how to read a food label.
5. Create a “Healthy Breakfast Recipes Book” of employees’ favorite recipes.
6. Encourage employees to create “How To” videos for making a healthy breakfast, examples could include:
 - “How to Boil an Egg”
 - “How to Make a Smoothie”
 - “How to Juice”
 - “Super Foods for Breakfast”
 - “How to Read a Food Label”

One-Day Challenges

1. “Breakfast Recipe Challenge” – share your favorite breakfast recipe with colleagues. Provide samples to make it even more popular. Host similar challenges for juicing and/or smoothies.
2. “Weekly Recipe Plan Challenge” – develop and share a weekly healthy breakfast plan that includes a variety of whole grains, low-fat protein, low-fat dairy and/or fruits and vegetables.
3. “Fruit Challenge” – prepare and share your favorite fruit, or eat one that you are not familiar with.
4. “Dairy Challenge” – provide dairy products for people to taste that they may not be familiar with, e.g., soy or almond milk, Greek yogurt, different kinds of cheese, etc.
5. “Breads, Cereals and Grains Challenge” – provide various breads, cereals and grains for people to taste that they may not be familiar with
6. “Breakfast Quiz Challenge” – based on information shared during the activity, develop and share a fun quiz on what is a “healthy” breakfast.

Quotes

1. *“I went to a restaurant that serves 'breakfast at any time'. So I ordered French Toast during the Renaissance.”* – Steven Wright, American Comedian, Actor and Writer
2. *“All happiness depends on a leisurely breakfast.”* – John Gunther, American Journalist and Author in the 40’ and 50’s
3. *“What nicer thing can you do for somebody than make them breakfast?”* – Anthony Bourdain, American Chef, Author and TV Personality
4. *“It is more important to eat some carbohydrates at breakfast, because the brain needs fuel right away, and carbohydrate is the best source.”* – Andrew Weil, Teacher and Writer on Holistic Health
5. *“Breakfast is the most important meal of the day and I definitely have a hearty breakfast before I do anything.”* – Mayer Hawthorne, American Singer, Producer, Songwriter, Arranger, Audio Engineer, DJ, Rapper and Multi-Instrumentalist



Quotes continued

6. *"I always cringe when people tell me they don't eat breakfast, as though that's a good thing. Eek! You have to start the day off with something in your stomach to get your metabolism active. Also, the mental game of 'holding out,' not eating for as long as possible, at least for me, was a really unhealthy mental place."* – Alison Sweeney, American Actress, Reality Show Host and Author
7. *"It turns out there's only 10 minutes of productive conversation in any family dinner. The rest is taken up with 'take your elbows off the table' and 'pass the ketchup.' And what researchers have found is you can take that 10 minutes and put it in any time of the day and get the benefit. So, if you can't have family dinner, have family breakfast!"* – Bruce Feiler, American Writer and TV personality on Contemporary Life
8. *"You've got to set yourself up to be as healthy as you can. The thing we tend to do is when it gets to be a bit too hard, we actually opt out for the absolute worst option. For example, if you're in a rush in a morning and you feel like you don't have time to make breakfast, you skip it."* – Curtis Stone, Australian Celebrity Chef, Author and TV Personality
9. *"Breakfast is the most important meal of the day. When you feed yourself what your body needs when it needs it, that's love. So give your bod some TLC and sit down and enjoy a good, substantial breakfast."* – Kathy Freston, American Self-Help Author of Vegan Books
10. *"I think breakfast is really important to get a great start to the day, so I can have enough energy to train and everything."* – Jordyn Wieber, American Gymnast, Member of the Gold Medal-Winning Team at the 2012 Olympics
11. *"Remember the days when you let your child have some chocolate if he finished his cereal? Now, chocolate is one of the cereals."* – Robert Orben, American Comedy Writer
12. *"One should not attend even the end of the world without a good breakfast."* – Robert A. Heinlein, American Science Fiction Writer
13. *"He that but looketh on a plate of ham and eggs to lust after it hath already committed breakfast with it in his heart"* – C.S. Lewis, British Scholar and Novelist, 1898-1963
14. *"Eat breakfast like a king, lunch like a prince, and dinner like a pauper"* – Adelle Davis, American Nutritionist and Writer, 1904-1974
15. *"Life, within doors, has few pleasanter prospects than a neatly arranged and well-provisioned breakfast table."* – Nathaniel Hawthorne, American Novelist and Short Story Writer, 1804-1864
16. *"Oatmeal makes a filling, healthy breakfast."* – Ruth Frechman, Popular Registered Dietitian Nutritionist
17. *"Never work before breakfast. If you have to work before breakfast, get your breakfast first."* – Josh Billings, American humorist 1815-1885
18. *"Give me liberty or... OOOooo... A jelly donut!"* – Homer Simpson, Cartoon Dad
19. *"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."* – Mark Twain
20. *"Why can't I just eat my waffle?"* – Barack Obama



Health Facts

**From: Johns Hopkins Bloomberg School of Public Health
"Breakfast"**

Link: http://www.jhsph.edu/offices-and-services/student-affairs/_documents/Breakfast

Breakfast

Why You Should Eat a Healthy Breakfast

- *Breakfast is the most important meal of the day. Breakfast provides you with the energy and nutrients that lead to increased concentration in the classroom.*
- *Studies show that breakfast can be important in maintaining a healthy body weight.*
- *Hunger sets in long before it's time for lunch, but because it's not convenient to eat properly, many people who have not eaten breakfast snack on foods that are high in fat and sugar.*
- *People who skip breakfast are unlikely to make up their daily requirement for some vitamins and minerals that a simple breakfast would have provided.*
- *Breakfast provides energy for the activities during the morning and helps to prevent that mid-morning slump.*

Tips on Eating a Quick and Healthy Breakfast

- *Pick 2-3 foods, including at least one from each of the following food groups: -bread and grain (i.e. Cereal, toast, muffin) -milk and milk product (i.e. low-fat yogurt, low-fat milk) -fruit or vegetable group (i.e. bananas, apples, carrots)*
- *Pick up portable breakfast items when at the grocery store. You should buy foods like fruit, low-fat yogurt, whole grain breakfast bars, or granola bars for those mornings when you have to eat breakfast on the go.*
- *Replace or accompany that morning cup of coffee with a glass of orange juice or milk.*
- *Make an omelet! You can shorten preparation time by chopping up your vegetables ahead of time.*
- *Get up 15 minutes earlier. You can fix and consume a healthy breakfast in 15 minutes or less.*
- *Plan ahead to eat breakfast. This means you should decide what you are going to eat for breakfast before the next morning. You can save time by putting out the box of cereal or cutting up some fruit the night before.*



Eat a Healthy Breakfast

Individual Scorecard

Month / Year		First Name														M.I.		Last Name														
/																																
Day of the Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
Points Earned																																
Rate Your Day																																

Earn 1 Point for Eating Each of the Following at Breakfast: 1) a Fruit or Vegetable, 2) a Whole Grain Food, and 3) a Low-Fat Protein or Dairy Food. 3 Points Maximum per Day.

At the end of each day, rate your day from 1 (worst) to 5 (best).
Do you see a relationship between eating a healthy breakfast and your daily rating?

Beginning weight _____ Beginning waist circumference _____

Ending weight _____ Ending waist circumference _____

Change in weight _____ Change in waist circumference _____

Group Name: _____
 Month/Year: ____ / ____

HEALTHY BREAKFAST

**Group
Scoreboard**

#	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
1																																	
2																																	
3																																	
4																																	
5																																	
6																																	
7																																	
8																																	
9																																	
10																																	
11																																	
12																																	
13																																	
14																																	
15																																	
16																																	
17																																	
18																																	
19																																	
20																																	
21																																	
22																																	
23																																	
24																																	
25																																	

Totals

Earn 1 Point for Eating Each of the Following at Breakfast: 1.) a Fruit or Vegetable, 2.) a Whole Grain Food, and 3.) a Low-Fat Protein or Dairy Food. 3 Points Maximum per Day.



Healthy Breakfast

Certificate of Achievement

Awarded to:

for

GOLD LEVEL

Performance

____ / ____
Month Year

Points Earned



Healthy Breakfast

Certificate of Achievement

Awarded to:

for

SILVER LEVEL

Performance

____ / ____
Month Year

Points Earned



Healthy Breakfast

Certificate of Achievement

Awarded to:

for

BRONZE LEVEL

Performance

____ / ____
Month Year

Points Earned



ACTIVITY SURVEY

Activity Name: _____

Final Day of Activity (MM/DD/YYYY): _____ / _____ / _____

Please rate the statements below by circling the number that best represents your experience.

- 1 – Strongly Disagree
- 2 – Disagree
- 3 – Neither Agree or Disagree
- 4 – Agree
- 5 – Strongly Agree

- | | | | | | | |
|----|--|---|---|---|---|---|
| 1. | I enjoyed this activity. | 1 | 2 | 3 | 4 | 5 |
| 2. | It increased my happiness. | 1 | 2 | 3 | 4 | 5 |
| 3. | It improved my health. | 1 | 2 | 3 | 4 | 5 |
| 4. | It improved my energy level. | 1 | 2 | 3 | 4 | 5 |
| 5. | It reduced my stress level. | 1 | 2 | 3 | 4 | 5 |
| 6. | I learned something valuable about my health and wellbeing from this activity. | 1 | 2 | 3 | 4 | 5 |
| 7. | I plan to make personal lifestyle changes because of this activity. | 1 | 2 | 3 | 4 | 5 |
| 8. | I would like to do this again. | 1 | 2 | 3 | 4 | 5 |
| 9. | The activity improved morale in the workplace. | 1 | 2 | 3 | 4 | 5 |

Please use the back of this page to add comments about your experience.