

Living on WELL Street Blog: **"Eat a Healthy Breakfast"**

By Michael White, Worksite Wellness Technical Assistant, We Choose Health

***"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

The benefits of a healthy breakfast are often missed when busy schedules don't make it a priority, or a when it is believed that avoiding breakfast will help shed pounds. A healthy breakfast fires up the metabolism, sharpens mental acuity and positively affects our mood. It's the best way to start a new day. Without a nutritious breakfast, the body will crave food later. The choices we make when we are "starving" are often not the most nutritious ones.

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.

A healthy breakfast can be made easier by planning in advance. Ensure that whole grain breads and cereals, yogurt, fruits and vegetables, juices, eggs and low-fat dairy products are on your shopping list and available for easy preparation in the morning. If you juice, prepare it the night before. If you enjoy a fruit smoothie, have the ingredients available. If you like hardboiled eggs, prepare a week's worth. When planned for, a healthy breakfast can be prepared for in 5 to 10 minutes. Those few minutes will provide benefits all day long.

**EAT A HEALTHY BREAKFAST** is a worksite health promotion activity that challenges people to start the day off with proper nutrition. The goal is to include items from the categories mentioned above. A complete description of the activity, along with a variety of helpful resources, are available on the We Choose Health 365 website at:

<http://wechoosehealth365.com/asp/public/Page.aspx?pid=15548>.

Eat WELL!

Michael