

12 Healthy Habits

Habit 1: Eat Breakfast

A YEAR OF BUILDING A HEALTHY LIFESTYLE

BENEFITS:

- **Jumpstarts metabolism to start burning calories**
- **Sets you up to eat less calories by reducing your appetite for the rest of the day**
- **Keeps brain focused all morning**
- **Stabilizes blood sugar to reduce risk for diabetes**
- **Decreases irritability and improves disposition**

GOAL:

- **Eat breakfast daily**

Get Up, Get Ready, Eat Something!

It's the most important meal of the day. Yes, breakfast. We think about what we will have for dinner or where we are going for lunch today but what about breakfast? Your body hasn't had any nourishment for about 12 hours and its ready to get going. Breakfast replenishes your supply of energy and other essential nutrients to keep your energy level up throughout the day.

Studies have shown that people who eat breakfast tend to eat about 100 fewer calories throughout the day. Breakfast skippers overcompensate at other meals. So set yourself up for a day of healthy eating and minimizing blood sugar swings by eating something every morning.

A good plan for breakfast combines complex carbohydrates (like whole grains and fruit) along with a protein. The carbohydrates give a burst of energy as they break down relatively quickly and enter the bloodstream. The protein breaks down more slowly, giving a longer feeling of fullness (satiety) and a slow release of energy to get you through to lunch without an energy slump. Add a low-fat dairy choice for added calcium and vitamin D for a complete breakfast.

Even if you are short on time in the morning, you can still have something to eat. The key is to plan ahead and have a well stocked pantry. Plan ahead and boil eggs to have in the refrigerator along with string cheese, fresh fruits,

yogurt or even applesauce. Stock the pantry with healthy energy bars, ready-to-eat cereal, crackers and peanut butter for quick and easy weekday breakfasts. Weekends can be a time for more leisurely and creative breakfasts.

So make a plan to carve out a few minutes of your routine to get something to eat each morning before you start the day. As you make eating breakfast a part of your daily routine, you will discover a new found energy and a kick-start to healthier eating.



Breakfast to the Rescue

Quick	Non-Traditional	Take Out	Hot
Yogurt with Animal Crackers	String Cheese and Baby Carrots	Fruit Smoothie in a To-Go Cup	Breakfast Burrito
Hard Boiled Egg with Crackers and Cheese	Favorite Sandwich	Granola Bar	Omelet with Veggies
Cottage Cheese with Fruit	Tomato Soup and Crackers	Snack Pack Pudding	Scotch Oats with Dried Fruit and Nuts
Bran Muffin and a Banana	English Muffin Pizza	Trail Mix	Pancakes with Fruit
Graham Crackers with Peanut Butter	Bean Burrito	Whole Fruit	Crustless Quiche
	Dinner Leftovers	Peanut Butter and Jelly Sandwich	Potato Hash with Eggs

Cereal Sleuthing

Ready-to-eat cereal can be an easy and delicious choice for breakfast. But beware and choose carefully as so many are high in sugar and low in nutrition. Be a breakfast detective and find the best choice for your family. Here's what to look for in a one-ounce serving (about 1 cup flakes):

- 100-200 calories (ideally less than 120)
- 2 or more grams protein
- 3 or more grams fiber (ideally 5 or more)
- 8 grams or less of sugar
- 3 grams or less of fat and no trans fat
- 10-25% Daily Value for key vitamins and minerals such as iron, folate, B6 and B12

Cereal Tip:

Drink all of the milk in your cereal as it is a good source of protein and many of the vitamins and minerals that are sprayed onto the cereal go into the milk

Frittata Muffins

- Vegetable spray
- 8 ounces mushrooms, chopped
- 6 eggs
- 1/2 cup milk
- 1/2 teaspoon dry mustard
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup shredded Cheddar cheese
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1/2 cup frozen green peas, thawed

In small skillet, cook mushrooms in vegetable spray, sprinkling with a pinch of salt and pepper. In a medium bowl whisk together eggs, milk, mustard, salt and pepper. Stir in cheese, onion, bell pepper, peas and mushrooms. Spoon into 12 greased muffin cups. Bake at 350 degrees for 20-22 minutes or until set. Let rest 5 minutes and then remove.

Eat Breakfast

Get Cooking

Eat More Fish

Get Moving

Good Fats

Go Meatless

Veggie Up

Get Stronger

Sugar Down

Make Grains Whole

Portion Power

Be Mindful