

## Questions:

1. Do you eat breakfast in the morning?
2. Do you ever eat breakfast both at home and at school?
3. Do all of your family members eat something in the morning?
4. Are you eating food late at night?

## “crEATe” a Healthy Breakfast

**Eat at least something in the morning.** Your body feels less tired and is able to concentrate better after it has food in it. Also, the first food you eat in the day “kickstarts” your body, essentially telling it that it is okay to start burning fuel. This initial message to your body plays a key role in helping you to maintain a healthy weight.

### **A balanced breakfast will keep you going longer!**

- Protein, healthy fat, and fiber are the only three things that can help us feel full and satisfied. Because of this, we must make sure we include them in all our meals.
- Limit grains/carbohydrates to one serving at breakfast to prevent yourself from getting hungry again too soon due to the “sugar roller coaster” (see Choosing Healthy Carbohydrates Handout and the Food List).
- Breakfast does not have to consist of typical breakfast foods; it could be last night’s leftovers or a sandwich, for example.

### Pick 3- 4 options

- Grain – pick a maximum of one grain
  - 1 waffle
  - 2 slices light bread
  - 1 slice regular bread
  - 1 English muffin
  - 1 mini bagel
  - ¼ regular bagel
  - ¼ cup granola
- Canadian bacon
- 2 slices turkey bacon
- 1 egg
- 4-6 oz. light yogurt
- 1 cup 1% milk
- 1 slice cheese
- 1 fruit
- 1 Tbsp. peanut butter
- Veggies are **unlimited**
- Egg whites are **unlimited**

Examples:

- a) Sandwich: English muffin + Canadian bacon + 1 slice cheese + 1 egg
- b) 1 waffle + 1 Tbsp. peanut butter + 1 glass milk + 1 fruit
- c) Omelet: 2 eggs + 1 slice cheese + veggies + 1 slice toast



### **Cereal/Oatmeal**

- Have with 1% milk.
- Pick one with more than 4 grams of fiber and less than 8 grams of sugar per serving.
- If the sugar is okay but the fiber is low, serve with a fruit with an edible skin.
- Look in the healthy food aisle of a grocery store.
- Some kid favorites: cinnamon or original Puffins™, Cascadian Farms Clifford Crunch™.

### **My new goals...**

Now that I know this information, what am I ready and willing to change in my day to make me healthier? (Add these goals to your Goal Sheet.)

- 1
- 2
- 3
- 4
- 5