

Jump Start your Day!
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There are two types of people in the morning: those who can't function without breakfast and those who are nauseated at the thought of eating anything before noon.

Breakfast skippers avoid this meal for lots of reasons. Maybe you think you don't have time to eat or are not hungry. Perhaps you think that skipping breakfast is a good way to lose weight.

Breakfast literally means to break the fast. After not eating for 8-12 hours while sleeping, your body needs nutrients to stock up its energy supplies. If you do not eat breakfast, your body switches to survival mode, slowing down your metabolism, and you! It's like trying to drive your car on an empty tank of gas. Skipping breakfast does not help you lose weight, in fact, it may have the opposite effect!

Eating breakfast is associated with better concentration, more strength and endurance, and a greater ability to solve problems. Breakfast skippers, on the other hand, are more likely to be tired, cranky, and restless in the morning.

It's easy to avoid this situation in the morning! Eating anything for breakfast is better than missing out on this important meal. However, the ideal breakfast includes a mix of carbohydrates, fat, and protein to provide energy throughout the entire morning. Choosing just soda or a doughnut for breakfast causes a temporary surge in energy that will soon leave you tired again. A balanced meal, though, provides a slow release of energy for your body to use, which can carry you through to your next meal. A great example of a balanced breakfast is cereal with low-fat milk and a piece of fruit.

Here are some breakfast tips!

- You have time to eat breakfast! Just setting your alarm five minutes earlier or hitting snooze three times instead of four, will allow you the time to prepare breakfast.
- If you're not hungry when you wake up, pack an easy breakfast you can eat at work, like yogurt, a granola bar and a banana.
- Add fruit, such as bananas, strawberries, blueberries, or peaches to cereal, yogurt, pancakes, waffles, and oatmeal.
- Choose 100% juice instead of juice drinks, soda, and sports drinks.

- Read the food labels on your cereal, especially the sugar content. Compare how much sugar is in your favorite cereals!
- Toast whole wheat bread instead of white bread.
- Select bagels more often than high fat and calorie bakery muffins, scones, croissants, or doughnuts.
- Try these tasty smoothies to drink on the run. Just whirl the ingredients together in a blender until smooth!

Mango Orange Smoothie

- 1 ripe mango, peeled and pit removed
- 1 cup orange juice
- 1/2 cup vanilla yogurt
- 1 tsp. honey

Fruit 'N' Juice Breakfast Shake

- 1 very ripe, medium banana, peeled
- 3/4 cup pineapple juice
- 1/2 cup vanilla yogurt
- 1/2 cup berries

Whirl your Own Smoothie

- 1 1/2 generous cups chopped mangoes, peaches, plums, banana, strawberries, raspberries, blueberries, watermelon, cantaloupe, or honeydew melon
- 1/2 cup plain or fruit-flavored yogurt
- 1/2 cup skim or low-fat milk