

# START SMART: THE POWER OF BREAKFAST



**METABOLIC**  
HEALTH CENTERS

**How many hours does  
your body go without  
eating when you skip  
breakfast?**

# “BREAKING THE FAST”

- Your body has been fasting throughout the night
- Energy, in the form of food, needs to be replenished
- When breakfast is skipped, the body goes into storage mode



# WHY DO PEOPLE SKIP BREAKFAST

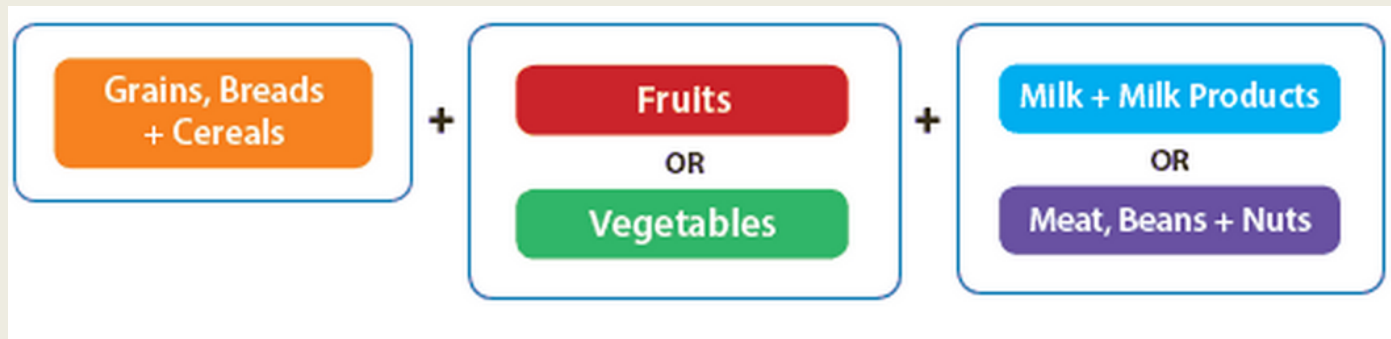
- Don't feel hungry in the morning
- Wake up late
- Cultural
- To manage weight

# BREAKFAST BENEFITS



- Starts Your Metabolism
- Promotes Weight Control
- Provides Vital Nutrients
- Provides Energy
- Improves Mood
- Boost Memory
- Increases Ability to Focus
- Reduces Risk of Heart Disease and Diabetes

# Use the “3 by 5” Rule



# CHOOSE WHOLE GRAINS

Whole grain options have more fiber and nutrients compared to refined items. Choose whole grain cereals like oatmeal, or whole grain breads, muffins, waffles, pancakes, or rolls.

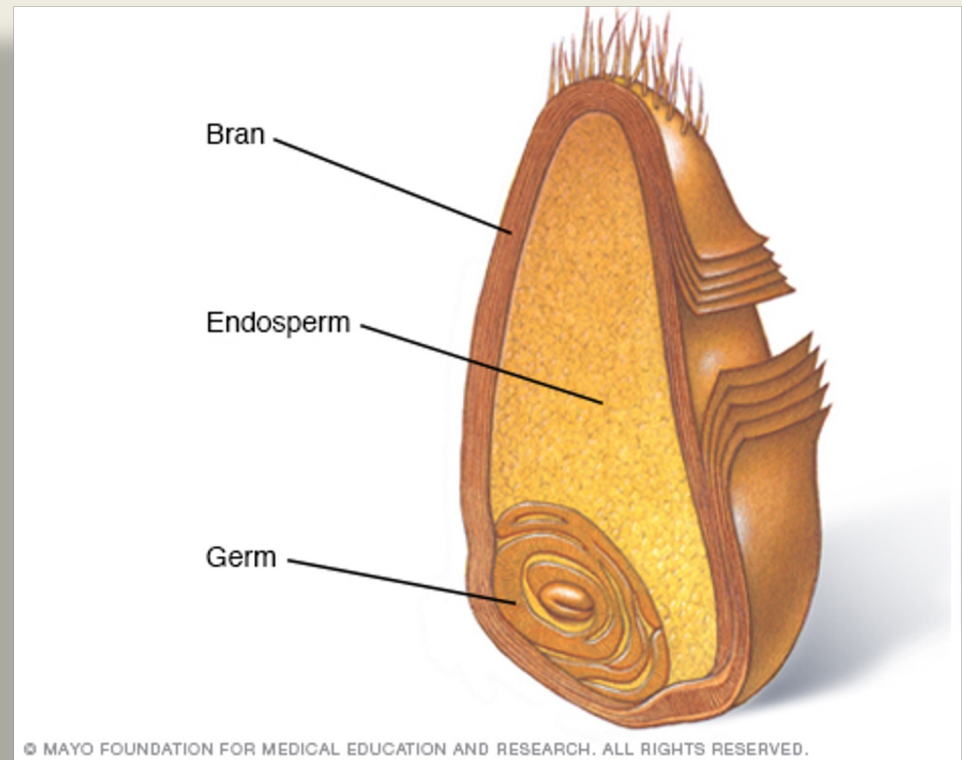


Be sure to check the grams of fiber per serving when comparing grain products. More fiber will keep you feeling fuller, longer.

Nutrition Facts	
Serving Size 208 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 421	Calories from Fat 124
% Daily Value*	
<b>Total Fat</b> 13.8g	<b>21%</b>
Saturated Fat 2.9g	<b>15%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 186mg	<b>62%</b>
<b>Sodium</b> 67mg	<b>3%</b>
<b>Total Carbohydrates</b> 61.5g	<b>20%</b>
Dietary Fiber 11.9g	<b>48%</b>
Sugars 17.5g	
<b>Protein</b> 15.8g	
Vitamin A 15%	Vitamin C 46%
Calcium 13%	Iron 26%
<b>Nutrition Grade C</b>	
* Based on a 2000 calorie diet	

# WHAT IS A WHOLE GRAIN

- Whole grains are unrefined grains that haven't had their bran and germ removed.
- They are better sources of natural fiber and other important nutrients, such as selenium, potassium and magnesium.





Words you may see on packages	What they mean
<ul style="list-style-type: none"> <li>•whole grain [name of grain]</li> <li>•whole wheat</li> <li>•whole [other grain]</li> <li>•stoneground whole [grain]</li> <li>•brown rice</li> <li>•oats, oatmeal (including old-fashioned oatmeal, instant oatmeal)</li> <li>•wheatberries</li> </ul>	<p>YES -- Contains all parts of the grain, so you're getting all the nutrients of the whole grain.</p>
<ul style="list-style-type: none"> <li>•wheat, or wheat flour</li> <li>•semolina</li> <li>•durum wheat</li> <li>•organic flour</li> <li>•stoneground</li> <li>•multigrain (may describe several whole grains or several refined grains, or a mix of both)</li> </ul>	<p>MAYBE -- Some parts of the grain MAY be missing. You are likely missing the benefits of whole grains. When in doubt, don't trust these words!</p>
<ul style="list-style-type: none"> <li>•enriched flour</li> <li>•degerminated (on corn meal)</li> <li>•bran</li> <li>•wheat germ</li> </ul>	<p>NO -- These words never describe whole grains.</p>

# ADD FRUITS AND VEGETABLES

- Breakfast is a great time to incorporate daily servings of fruits and vegetables into your diet.
- Choose either fresh, frozen, or 100% juice



# POWER IN PROTEIN

- Protein is a vital nutrient that is often missing at breakfast
- Protein helps maintain energy and keep you focused until you can refuel at lunch
- Amp up breakfast by adding lean protein options like egg, yogurt, low fat milk, cheese, or peanut butter on toast.



# BEAT THE BREAKFAST RUSH

- Keep breakfast foods simple
- Purchase portable options to eat in the car
- Prepare for breakfast the night before
- Give yourself time



WHOLE WHEAT WAFFLE  
~70 cal



1 TBSP PEANUT BUTTER  
~90 cal



SLICED BANANA  
~100 cal

360 calories total



MULTIGRAIN MUFFIN  
~90 cal



HARD BOILED EGG  
~75 cal



MELON  
~60 cal

325 calories total



1 PACK INSTANT OATMEAL  
~100 cal



1 GRATED APPLE  
~100 cal



CINNAMON  
~10 cal



1/4 CUP BROKEN WALNUTS  
~150 cal

360 total calories



WHOLE WHEAT ENGLISH MUFFIN  
~100 cal



POACHED EGG  
~75 cal



1/2 SMALL AVOCADO  
~30 cal

305 calories total



WHOLE WHEAT TORTILLA  
~80 cal



1 SCRAMBLED EGG  
~90 cal



CHOPPED VEGGIES  
~50 cal



2 TBSP SALSA  
~10 cal

230 calories total



6 OZ GREEK YOGURT  
~140 cal



MIXED BERRIES  
~50 cal



1/2 CUP KASHI GO LEAN CEREAL  
~95 cal

285 calories total