

Eating Right...Feeling Right

"CARING FOR YOU...CARING FOR OTHERS"

Why Eat Breakfast?

Get Your Day Off To A Good Start

Breakfast is important for you. It will break the long fast from the night before. It gets you prepared, both mentally and physically, for another day.



A healthy breakfast replenishes your body and mind, giving you energy to take on even the most trying day.

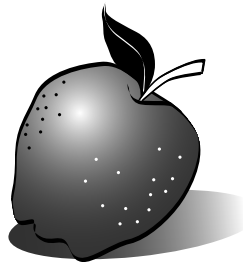
Many breakfast foods are naturally low in calories and fat, while also providing valuable nutrients like fiber, vitamin C, and calcium. Also, many breakfast foods are high in fiber, which helps keep things "regular."

People who eat breakfast tend to eat healthier overall than those who skip breakfast.

Healthy Options for a Great Start

So what makes a nutritious breakfast? Like any meal, a good rule of thumb is to have at least three food groups included. Here are some ideas for fast, healthy options:

- ✓ High-fiber muffin with fruit or fruit juice and yogurt
- ✓ Oatmeal topped with fruit and skim milk
- ✓ Breakfast smoothie made with skim milk, fruit and oatmeal
- ✓ Toasted English muffin with skim milk and a sliced banana
- ✓ High-fiber cereal with skim milk and fruit

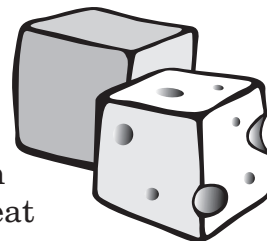


Breakfast Finger Foods

Here are ideas for breakfast finger foods. Consider using a few of them so you have more than one food group. For example, pair a fruit with a grain. These are perfect for when you don't have time to sit down.



- Breakfast sandwich made with whole wheat toast, peanut butter and sliced bananas. This can be cut into finger sandwiches for those who need finger foods.
- High-fiber muffin cut into small pieces
- Cut bits of ripe fresh fruit or canned fruit; if using the latter, make sure it is canned in water or juice, not syrup
- Cubes of cheese
- Larger-sized cereals, such as bite-size shredded wheat
- Oatmeal—cook it the day before and let it chill, then cut into bite sized pieces. If you cook it with milk you will add extra calcium. Use 1 cup of oats and two cups of milk and cook in the microwave for five minutes in a large covered container.
- Diced hard-boiled eggs. You can cook and store these in batches.



This caregiver self-care and nutrition bulletin is provided courtesy of: