



Why Breakfast?

Breakfast Is The Most Important Meal Of The Day Because...

- Your body needs food in the morning to “break the overnight fast” and get you going again.
- Eating breakfast can help you do better at school, work or play. You will have more energy and be able to concentrate better.
- If you are trying to control your weight, skipping breakfast won’t help because you usually end up eating more at other meals or having high calorie snacks.

No Time For Breakfast?

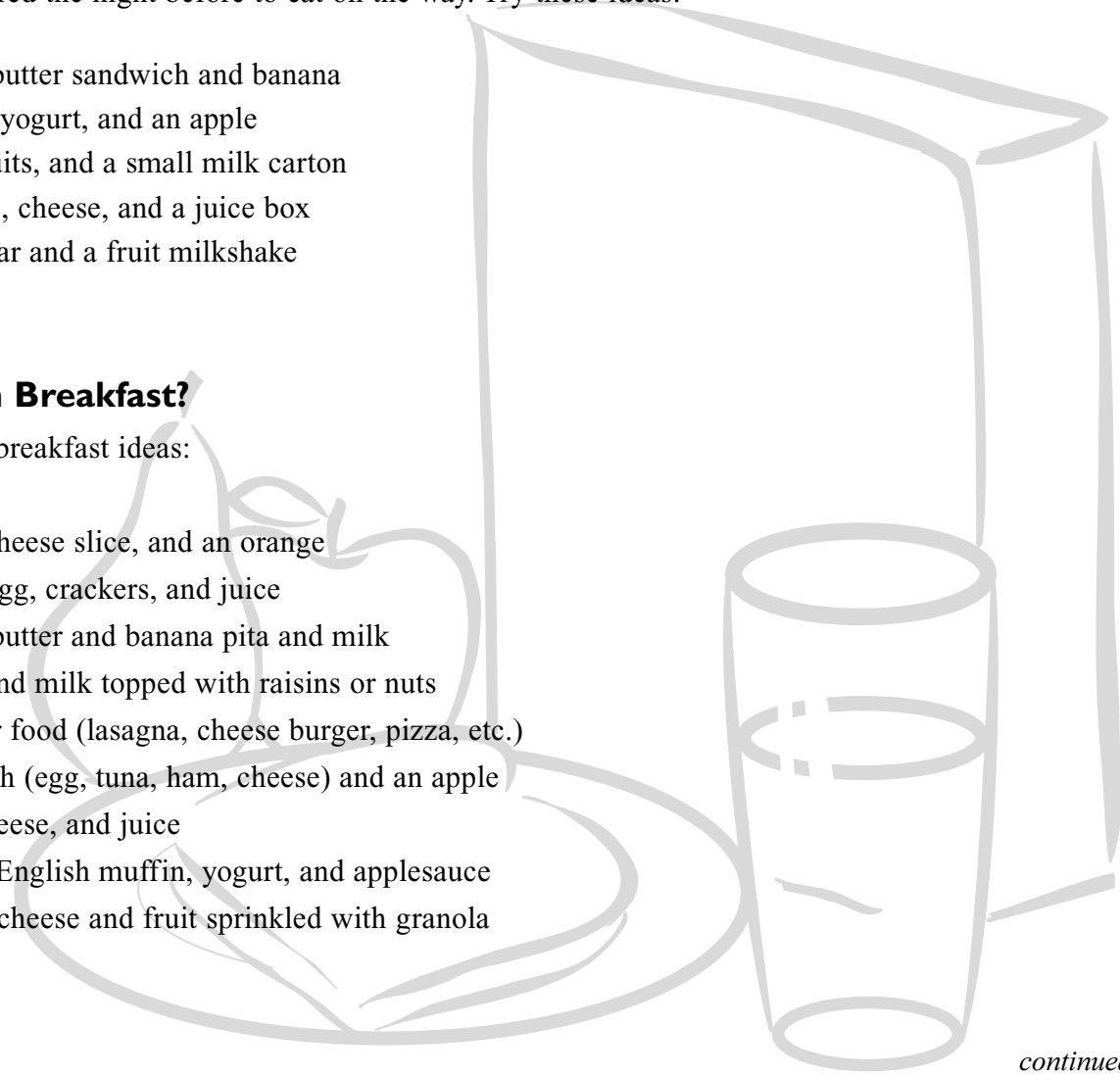
Get up 10 minutes earlier to have breakfast before heading off to work or school, or have a “grab-a-bag” breakfast prepared the night before to eat on the way. Try these ideas:

- peanut butter sandwich and banana
- muffin, yogurt, and an apple
- nuts, fruits, and a small milk carton
- crackers, cheese, and a juice box
- cereal bar and a fruit milkshake

Bored With Breakfast?

Try these easy breakfast ideas:

- bagel, cheese slice, and an orange
- boiled egg, crackers, and juice
- peanut butter and banana pita and milk
- cereal and milk topped with raisins or nuts
- left over food (lasagna, cheese burger, pizza, etc.)
- sandwich (egg, tuna, ham, cheese) and an apple
- nuts, cheese, and juice
- toasted English muffin, yogurt, and applesauce
- cottage cheese and fruit sprinkled with granola



continued...

Saving Sense

\$ Higher cost doesn't always mean better nutrition! In fact, whole grain breads, unsweetened cereals and in-season fruits are great low-cost choices. Also try no-name (generic) canned unsweetened fruit juices and other no-name or house-brand products.

So You're Not A Breakfast Eater?

- Start off simply with a glass of juice, milk or a fruit - then build up slowly to include toast or crackers, cheese, and an egg or peanut butter.

Try to include at least 3, if not 4, of the four food groups from Canada's Food Guide to Healthy Eating.

Breakfast Checklist!

After reading this handout I will...

- make an effort to include breakfast every day.
- choose 3-4 of the four food groups for a healthy start.
- encourage others to eat a healthy breakfast by promoting its' benefits.
- make the time for breakfast **or** use some fast and easy breakfast fixes when on the run.

Think About It...

Breakfast is part of a healthy lifestyle - so don't miss out!!

