

Just as your car needs fuel in order to start, your body needs food as fuel to start your day. However, many people skip breakfast because they're not hungry in the morning or don't have enough time to eat, so they start their busy day on an empty stomach. The result is low energy, difficulty concentrating, and often, undesired weight gain.

Write down some examples of a healthy breakfast, including three of the four food groups that you can enjoy every day:

-  1 Eat a healthy breakfast every day
-  2 Re-think your snack
-  3 Be active every day
-  4 Choose water
-  5 Enjoy more vegetables and fruit
-  6 Make meals at home
-  7 Breastfeed babies
-  8 Watch less TV



**EAT A HEALTHY
BREAKFAST
EVERY DAY**

A healthy breakfast including
at least three of the four food groups
is the Motiv8 way to start the day!

For more information visit
www.eatwellgetfitlivelife.ca

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Many people think skipping breakfast helps with weight loss, but that's just not true! In reality, research shows that regularly skipping breakfast is linked with weight gain from making impulsive food choices that are higher in calories, sugar, and fat. Do your body a favour and make breakfast a priority every day. If you're not hungry in the morning, or don't have time for breakfast, try these helpful tips:

- Pass on snacking after dinner so you wake up hungry.
- Set your alarm clock to get up 10 minutes earlier to give you time to eat.
- Breakfast doesn't have to be the typical fare - enjoy last night's leftovers!
- Make it a habit to eat breakfast at the same time every day.
- Set the table the night before.
- Keep healthy, convenient food items on-hand for a quick breakfast that can be taken on-the-go, such as yogurt, fruit, applesauce, high fibre cereal, peanut butter, whole grain pitas, and lower fat cheese strings.
- Make items in advance for the week ahead such as fruit salad, boiled eggs, and trail mix made with dried fruit and nuts.

Get up earlier

Grab on-the-go foods

Make it a habit

Preparing breakfast doesn't have to be time consuming. Instead of cooking a large breakfast or waiting at a high-calorie drive-thru, stock your fridge, freezer and pantry with a variety of food and drinks:

- fresh, frozen & dried fruit
- 100% fruit juice
- applesauce cups
- whole grain breads & cereals
- lower fat cheese
- milk & soy beverages
- nuts & seeds
- peanut & other nut butter
- eggs

When you're prepared, it's easy to throw together a healthy breakfast every day. You'll be a healthy role model for friends and family too.



Aim for a healthy breakfast that has at least three of the four food groups and is low in fat, high in fibre and a source of protein. Try these quick and healthy suggestions:

- High fibre cereal with milk and frozen berries



- Yogurt with low-fat granola and sliced peaches

- Pita pocket rolled up with a banana and peanut butter



- Boiled egg on whole grain toast with a small glass of 100% fruit juice

- Half a whole grain bagel with apple slices and lower fat cheese

- Scrambled egg with red peppers and salsa wrapped in a whole grain tortilla

- Cheese with whole grain crackers and grapes

- Raisin bran low-fat muffin with a fruit and yogurt smoothie

