



Start Your Morning off Right!

You've probably heard that breakfast is the most important meal of the day. Well, now we have research to back that up. Research studies have shown that people who eat breakfast not only have improved mental concentration and more energy, but they also tend to eat less throughout the day.

A breakfast that is balanced (i.e. includes fat, protein and complex carbohydrates like whole grains) can help you feel fuller longer. Breakfast also gives you a nutritional head start to the day. It

provides an ideal opportunity to add more fiber to your diet and to have at least some of the recommended five daily servings of fruits and vegetables.



Not Hungry in the Morning?

- Don't overeat at dinner.
- Eat an early dinner (before 6:00pm if possible).
- Start with 100% fruit juice and/or whole fruit and add other choices over the next few weeks.
- Wait awhile after waking up before you try and eat, for example, on your first break.

Healthy Breakfast Ideas:

- Whole grain cereal with low or nonfat milk. Look for cereal that has 3 grams of fiber or more per serving. Add a piece of fruit like a banana or a glass of 100% fruit juice.
- Two slices whole grain toast with peanut butter and a piece of fruit.
- Oatmeal with fresh or dried fruit. Have a glass of milk to wash it down!
- Make your own fruit smoothie. Blend together fresh or frozen fruit with 100% fruit juice and yogurt.
- For breakfast on the go, have a low-fat muffin, and piece of fruit and a low-fat latte.



Importance of Whole Grains

No matter how you slice it, eating more whole grains is a great way to add variety and health to your breakfast. Whole grains provide energy for daily activities and reduce the risk of developing many major diseases.

The USDA advises eating at least 3 ounces of whole grains per day. One ounce equals 1 slice of whole grain bread, 1 cup of many dry cereals, or one half cup of cooked whole grains, such as brown rice or oatmeal.

Finding Whole Grains!

Finding foods made with whole grains can be challenging because many manufacturers use terms that confuse the customer. The best way to spot whole grains is to read the label.

On the list of ingredients shown on the package, the first ingredient listed is present in the highest quantity by weight. Look for the word “whole” in front of a grain to be named first on the label’s ingredient list, such as “whole wheat”.

*INGREDIENTS:
Whole wheat flour, water, high fructose corn syrup, wheat gluten, soybean and/or canola oil, yeast, salt, honey*

Phrases That Do Not Mean Whole Grain:

- 100% wheat
- Multigrain
- Stone ground
- Pumpernickel

Ways to Add Whole Grains to Your Daily Diet:

- ✓ Choose whole grain breads, tortillas, bagels, pita pockets and rolls.
- ✓ Pop popcorn.
- ✓ Enjoy low fat whole grain crackers, baked tortilla chips or a brown rice cake as a snack.
- ✓ Add whole grains to mixed dishes. Try adding some pearl barley, wild or brown rice to your favorite soup, stew or casserole.
- ✓ Try substituting whole grain flour for one-fourth to one-half of the white flour called for in recipes.
- ✓ Choose whole grain pasta, pancakes or waffles for a change.