

## Wake Up To A Healthy Start

### The Breakfast Difference

Breakfast eaters have improved strength and endurance in the later morning, along with a better attitude toward work or school

Eating breakfast may also help you lose weight by reducing impulsive snacking.

Eating breakfast prevents many of the adverse effects of fasting such as irritability, fatigue and performance difficulties on tasks requiring concentration.

#### Breakfast Tips:

- **No Time?** Fresh and canned fruits, milk, yogurt, cheese, cottage cheese, ready-to-eat cereals and instant breakfast mixes are fast and easy alternative to hot breakfast
- **Take it to go---**Try celery stuffed with peanut butter or a meat or cheese spread, dried fruits or vegetable juices.
- **Add Flavor to your cereal...**Top cereals with fruit or stir chopped nuts such as peanuts, pecans and walnuts into cooked cereal
- **Not Hungry yet?** Drink juice. Something is better than nothing. Have some bread or crackers later in the morning, then drink low-fat milk and eat some fruit or fresh vegetables.