

# NUTRIGRAM

## September 2005

## Are you running on empty?

By the time you wake up, it has been hours since you last ate something. After a full night's sleep, your body has just about run your energy tank empty. If you run off to school without breakfast, you will likely feel tired and cranky for most of the morning.

There are a lot of good reasons to eat breakfast every morning. Kids who eat breakfast are more likely to...

- ▶ have more energy
- ▶ be ready to learn
- ▶ meet their daily nutritional needs
- ▶ be at a healthy weight

And, there are a lot of delicious, healthy things to eat at breakfast time. When sitting down to breakfast, try...

- ▶ Cereal with low fat milk and fruit
- ▶ Whole wheat toast with fruit preserves and a glass of milk
- ▶ Cheese sandwich and a glass of fruit juice
- ▶ Veggie omelet made with egg whites
- ▶ Whole grain waffles topped with fruit

When on the run, try grabbing...

- ▶ A piece of fruit and a cup of yogurt
- ▶ Trail mix with granola and dried fruit
- ▶ Hard boiled eggs and a juice box
- ▶ A granola bar and a milk box

Not hungry in the morning? Try...

- ▶ Drinking your breakfast—Try a fruit smoothie made with low fat milk or yogurt
- ▶ Starting small—Have a piece of toast and gradually work up to a healthy breakfast.
- ▶ Eating one of your favorite foods for breakfast—Like grilled cheese? Try it in the morning.



## Get off to a healthy start every day with a balanced breakfast!

- ▶ Include different food groups
- ▶ Choose whole grains, fruit and dairy for an extra nutrition boost
- ▶ Don't overdo it—Eating too much can make you feel sluggish.
- ▶ Plan ahead—Think about what you are going to eat for breakfast the night before.

**BALANCED CHOICES<sup>®</sup>**  
*for a healthy lifestyle*

# APPLES

crunch your way to health

"An apple a day keeps the doctor away." There's probably more fact than folklore in this popular adage. Red, green or yellow, the average American eats 65 fresh apples a year. Apples are packed with plant-based **ANTIOXIDANTS**, **FIBER**, **FRUCTOSE**, **FLAVONOIDS** and **PHENOLS** and have been linked with reduced risk of some cancers, cardiovascular disease, asthma and type 2 diabetes.

fiber antioxidants phenols fructose flavonoids

**SUPERFOODS**