



Weeks 9 & 10

Breakfast

During this 2-week segment: Have breakfast with participants and email participants at least two messages each week relating to breakfast.

Introduction to the Breakfast PowerPoint:

Breakfast has long been hailed as the most important meal of the day. As it turns out, there is quite a bit of truth in that old saying! Breakfast provides a number of benefits to your body including increased alertness, better cognitive and problem-solving abilities, and a decreased risk of obesity. Breakfast is what gets your brain and your body revved up for a new day by providing fuel in the form of glucose.

This presentation discusses the benefits of breakfast both to your overall mood as well as for your health, but the main focus is to provide ideas on ways to include breakfast as a part of each person's daily routine. Eating a healthy breakfast each day can make your RealAge® as much as three years younger than that of people who never eat breakfast. That's a big benefit for such a relatively simple lifestyle change!



Suggested Enhancement Activities:

- Try having this meeting over breakfast one morning. Provide healthy breakfast options like low-fat yogurt, whole grain muffins or bagels, fresh fruit, fortified/enriched cereal and low-fat or skim milk. If providing breakfast isn't realistic for your school or child care center, invite participants to bring their breakfast with them. It's a great way to see what how everyone's breakfast stacks up... you could even award a small prize to the individual whose breakfast most closely matches the breakfast suggestions in this presentation.
- Prepare one or several of the breakfast ideas from the PowerPoint presentation (slides #10-13) and then have a taste test. This activity could also be done with students for a classroom or even a school-wide activity.

Messages to send to participants for the Breakfast segment:

- Breakfast is a great time to enjoy foods from the grain group. Try muffins, grits, bagels, oatmeal and higher fiber cereals. A bagel with light cream cheese makes a great breakfast and has less fat than a doughnut.
- Calories are a measure of how much food energy you get from food. Nutrition Facts food labels tell how many calories you get from one serving. They also tell you how many of these calories come from fat. If you eat two servings, you will get twice the calories and twice the fat! Make sure that you read labels and watch your portion-sizes to help maintain a healthy weight.
- Start your day off right! Eating a low-fat, high-nutrient breakfast each day can make your RealAge® up to 3 years younger than those who never eat breakfast!
- Like pancakes or waffles for breakfast? Try topping them with fresh fruit and a sprinkle of powdered sugar instead of mounds of butter and syrup which can add extra fat, calories and sugar.
- Breakfast can be an important social time. If weekdays are too hectic, try eating breakfast with your family or meeting friends for brunch on the weekends. Remember that social health is an important component of wellness, and a strong social network can keep your RealAge® younger too!
- Try making a fruit juice smoothie in your blender for a great on-the-go breakfast. Blend orange juice, ice, and whatever fruit you wish (bananas, peaches, mangoes, or berries) for a healthy and sweet breakfast treat.
- That morning coffee might be aging you! If you need coffee to get going in the morning, making a few substitutions can save you a lot of sugar, calories, and artery-aging fats. Order the smallest size, ask for skim milk instead of whole milk, and skip the flavored syrups and whipped cream (loaded with sugar and fat).





Breakfast

“I went to a restaurant that serves
“breakfast at any time.” So I ordered
French toast during the Renaissance.”

-Steven Wright-

Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182



The Most Important Meal of the Day

- No more excuses!
 - Trying to lose weight
 - No time in the morning
 - Don't like breakfast foods
- A wake-up call for your body.
- Key to good performance.



Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

I'm sure that you have heard the saying "Breakfast is the most important meal of the day?" Maybe you've even used it yourself speaking to your own children or students. In the past, it was nearly unthinkable to start the day without breakfast, but unfortunately nowadays, it seems like there are more excuses for not eating breakfast than you can shake a spatula at! Some of these excuses include: "I'm trying to lose weight", "there isn't enough time in the morning", or "I don't like breakfast foods." We're going to talk about all of those excuses and ways to overcome these early-morning hurdles. The fact of the matter is that breakfast is important for a number of reasons: it serves as a wake-up call for your body and provides the energy your body needs to get going first thing in the morning. Eating a good morning meal is key to good performance throughout the rest of the day!



“Breaking the Fast”

- Your body has been “fasting” throughout the night.
- Glucose, the main source of energy for the brain, needs to be replenished.
- Food provides that glucose.



Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

- Think about the word ‘breakfast’- it actually means “breaking the fast.” That ‘fast’ is the one that your body has been on throughout the night.
- After 7-12 hours without a meal or snack, your body needs to replenish its glucose, also called blood sugar, which is the main energy source for the brain!
- The food that you consume provides that glucose, and if you consume it in the morning, you’re helping your brain get off to a great start.



Benefits of Breakfast

- Breakfast eaters tend to have more:
 - Strength and endurance
 - Better concentration and problem-solving abilities
- Non-breakfast eaters tend to be more:
 - Tired, restless and irritable in the morning

Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

There are a number of benefits associated with this morning meal.

- Studies show that individuals who eat breakfast tend to have more strength and endurance as well as better concentration and problem-solving abilities. This is probably due to that much-needed dose of glucose that feeds both the body and the brain early in the day.
- On the other end of the spectrum, non-breakfast eaters tend to be more tired, restless and irritable in the morning as their bodies struggle to rev-up for the day without that glucose boost.



Good for Students and Good for You!

- Kids who eat breakfast perform better in the classroom.
- Why wouldn't the same hold true for you?
- Kids are more likely to eat breakfast if they see the adults around them eating breakfast.

Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

We should all be aware of the importance of breakfast for kids.

- Studies have shown that kids who eat breakfast perform better in the classroom (behaviorally as well as academically). It's easy to see how it would be difficult to pay attention and learn with a tired and/or hungry body. The significant expansion of breakfast programs in schools in the past decade is further proof that breakfast is important and that eating breakfast has positive results for students.

- Why wouldn't the same hold true for you?

- You come into contact with children daily; sometimes spending more waking hours together than they do with their families. You have a unique opportunity to be a healthy role-model for your students. Kids who see their teachers (and parents too!) eating breakfast are more likely to eat breakfast themselves. If you don't think you have time for breakfast, maybe the answer is to have breakfast when you get to work... with your students! It's a chance to eat a nutritious breakfast and be a positive, healthy role model to students.



Breakfast – Slimming Results?

- Adults who eat breakfast are:
 - Less likely to be obese.
 - Less likely to over-eat the rest of the day.



Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

Some studies have shown that people who eat breakfast are less likely to be obese compared to people who do not eat breakfast. One reason could be that people who eat breakfast are less likely to overeat throughout the rest of the day. Others feel that eating breakfast not only helps to jump-start your brain, but your metabolism as well.



What Makes a Healthy Breakfast?

- Two main components:
 1. Carbohydrates: whole grains and fruit.
 2. Protein: lean meats, peanut butter and low-fat dairy products.



Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

- There are 2 main components to a healthy breakfast: carbohydrates (good sources of carbohydrates are the grain group and the fruit group) and protein (often found in the meat and beans group and the milk group).
- Include carbohydrates like whole grains and fruits in your breakfast to give you energy, and to fuel your brain with much-needed glucose. The fiber in whole-grains also contributes to a feeling of fullness.
- Adding protein to your breakfast also helps you to feel full longer! Low-fat dairy products (such as milk, cheese and yogurt), lean meat, and peanut butter are all good protein choices at breakfast. Eggs are also a good source of protein, but this choice should be limited to 1-2 times per week. The cholesterol in eggs can add up!



Not Enough Time for Breakfast?

- Plan ahead.
- Do some preparation the night before.
- Pick “portable” breakfast foods to eat on-the-go.
- Stock up at the grocery store.



Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

Do you think you don't have enough time for breakfast? Believe it or not, the 15 minutes of your morning that you spend eating breakfast are more beneficial to your body than 15 extra minutes of sleep. So how can you make breakfast a reality in your household?

- Plan ahead. Every accomplishment takes a bit of planning. The key to a successful breakfast could begin the night before. Decide what you want to eat for breakfast and do some prep work: for example, get out the cereal, bowls and spoons the night before for a quick, healthy breakfast the next morning. If you decide you are going to make a smoothie, set out the blender and locate the ingredients you want to use; wash any fresh fruit you want to use and put everything in the same place in your refrigerator so that you're not searching in the morning when time is so valuable.
- Pick “portable” breakfast foods that you can eat on-the-go. Options like single-serve yogurt with some granola or dry cereal sprinkled on top, cereal bars and fresh fruit are all great options. For a breakfast bar recipe that you can prepare at home with your family, visit www.kidsacookin.com and type 'Breakfast Bars' in the search window.
- Now, think even further ahead: the next time you go to the grocery store, stock up on breakfast foods so you have them on hand. Not sure what to buy? The ideas in the next few slides may help you write up a breakfast-friendly shopping list!



RealAge® Benefits of Breakfast

- Breakfast-eaters have an easier time managing their weight.
- Just make sure that the foods you choose are healthy, nutritious options:
 - Fortified cereals
 - Skim or 2% milk
 - Fruit or 100% fruit juice
 - Egg whites

Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

One of the greatest RealAge® benefits of breakfast is that eating breakfast regularly helps to maintain a healthy weight. Being overweight increases the risk for a number of conditions and diseases including heart disease, type 2 diabetes and hypertension... all of which stress and age your body leading to an increase in your body's RealAge®. It's important to remember that while "traditional" breakfast foods aren't required, you should be mindful of the kinds of foods you choose to consume at breakfast. Any weight-management benefits will be eliminated if your breakfast is full of sugar and fat. Minimize your intake of fat, especially saturated fats, and sugar at breakfast by limiting or avoiding foods like bacon, sausage, doughnuts and pastries. Instead, try to pack your breakfast with nutritious options like fortified cereals, skim or 2% milk, fruit or 100% fruit juice and egg whites are all healthy breakfast choices.



Beat-The-Clock Breakfasts

- **Fruit and Nut Oatmeal**
 - Add dried cranberries and almonds to instant oatmeal and microwave for 60 seconds.
- **Shake It Up, Baby!**
 - Whip low-fat milk, frozen strawberries, and a banana in a blender for 30 seconds. This is a great shake to accompany a whole-wheat bagel.

Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

When you're in a hurry, wake up your appetite (and maybe even your kids') with these grab-and-go 5-star breakfasts that take only a minute or so to make.

- Try the fruit and nut oatmeal on a cold morning. It's fast and filling and helps keep you warm during the morning commute.
- In the mood for a fruity smoothie? Try this version made from bananas and frozen strawberries. It only takes about 30 seconds in your blender and goes great with a whole-wheat bagel.



More Beat-The-Clock Breakfasts

- **Banana Dogs**
 - Spread peanut butter in a whole grain hot dog bun; plop in a banana, and sprinkle with raisins.
- **Breakfast Taco**
 - Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half, and microwave for 20 seconds. Top with salsa.

Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

For some more Beat-The-Clock Breakfasts, try these two recipes.

- The whole grain hot dog bun and banana supply those all-important carbohydrates and the peanut butter provides protein to fill you up. Plus since these banana dogs are assembled in a hot dog bun, they can be eaten on-the-go!
- You don't have to stick with traditional breakfast foods. The important thing is that your breakfast is healthy and provides both carbohydrates and protein. For a non-traditional breakfast, try a breakfast taco. Use Monterey Jack cheese and salsa to make a corn tortilla into a breakfast treat.



Try These On-The-Go Ideas

- Try a whole-grain waffle with peanut butter and a piece of fruit.
- Dry cereal mixed with low-fat yogurt and topped with berries.
- Hard cooked egg sliced into a whole-wheat pita.
- Two slices of whole grain bread covered lightly with peanut butter and apple slices.
- Leftover veggie pizza with a piece of fruit and cup of milk.

Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

This list is a combination of breakfast foods and some less-traditional foods. Try these on-the-go ideas for a quick breakfast.

read each bullet as it is stated on the Power Point slide



Still Need Ideas?

- Bran muffin and yogurt topped with berries.
- Cheese pizza and a glass of orange juice.
- Lean ham on a toasted English muffin with vegetable juice.
- A breakfast wrap using cut-up fresh (or canned) fruit and low-fat cream cheese rolled in a whole-wheat tortilla... wash it down with chocolate milk.

Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

Don't be afraid to get creative. Everyone has different tastes and the breakfast possibilities are endless! Here are a few more ideas to get you on your way to eating breakfast every day.

read each bullet as it is stated on the Power Point slide



What Can I Do?

- Plan ahead!
 - Shop for easy-to-prepare breakfast foods.
 - Give yourself 10-15 minutes in the morning for breakfast.
- Be a positive, healthy role-model.
 - Eat breakfast with your own family or your students.
- Set a breakfast-related goal.

Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

Now that we've given you a number of ideas for breakfasts that are fast, healthy, and easy to prepare, it's up to you to make it happen. So what can you do to make breakfast a part of your day?

- Remember to plan ahead! A little bit of planning the week before at the grocery store or even the night before in your kitchen can mean the difference between a healthy breakfast and a stressful, rush out the door. Shop for breakfast foods that you enjoy, are healthy, and are easy to prepare. Also, plan on giving yourself 10-15 minutes in the morning for breakfast... those 10-15 minutes spent eating breakfast are far more valuable to your body than an extra 10 minutes of sleep... make the healthy choice... choose breakfast!
- Be a positive, healthy role model. Whether you work in a school or child care center, you can have a significant influence on the children you serve. Eat breakfast every morning... if you're site serves breakfast, eat breakfast with your students. It's a great way to get to know what's going on in their lives, and a perfect opportunity to be a healthy role model.
- Still not sure about breakfast? Set a breakfast-related goal as a part of Power Panther Professionals and then make a plan to achieve that goal. Your goal may be to eat breakfast every weekday morning. Your plan could include purchasing a box of cereal, some skim milk, orange juice and some fruit and to set your alarm to go off 10 minutes earlier during the work week. Better yet, tell friends, coworkers or family members about your goal... their support might be just what you need to get motivated to eat breakfast.



Power Panther Professionals School-Wide

- Eat breakfast with students.
- Do a class project or lesson that focuses on the benefits of breakfast.
- Sell convenient, healthy breakfast foods at school.
- Invite parents to come in one morning to eat breakfast with their kids.

Child Nutrition & Wellness, Kansas State Department of Education 120 SE 10th Avenue, Topeka, KS 66612-1182

There are a number of different ways to bring the message of a healthy breakfast to your school or child care center:

- As we've mentioned before, if you have a breakfast program at your site, try to eat breakfast with your students/children.
- Do a class project or lesson that focuses on the benefits of a healthy breakfast.
- Encourage the sale of convenient, healthy breakfast items in your school's vending machines, a la carte lines and school stores.
- Get parents involved too! Schedule a morning where parents are encouraged to come in and eat breakfast with their kids. It's a great way to build parent-teacher and parent-child relationships. Just make sure that you're serving healthy options for breakfast.