

# WHATS ALL THE FUSS ABOUT BEAKFAST?

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“You've heard that old saying, eat breakfast like a king, lunch like a prince, and dinner like a pauper? This age-old advice is based on scientific evidence that recommends consuming the bulk of your calories during the day when you are the most active. Unfortunately, most of us eat our largest meal at dinner, when we are the least active, chow down on a sizeable lunch, and skip breakfast -- to save calories.”

-Kathleen M. Zelman, MPH, RD, LD



There is a lot of controversy to whether this is true. However, what remains to be true is 99% of middle school and, high school athletes, and active individuals are lacking phytonutrients. So eating a healthy breakfast is an essential way to kick start the day off the right way.

# Benefits to eating breakfast:

- ↑ Kick starts metabolism
- ↑ Athletic performance
- ↑ Brain function: associated with higher learning and motor control
- ↑ Blood sugar control: vital for blood sugar control and weight management
- ↑ Energy for the day
- ↑ Work capacity: work harder and longer
- ↑ Cardiac and respiratory function: associated with essential nutrients
- ↑ Healthy growth: helps growing children, building lean muscle, and burning fat properly
- ↓ Appetite: controls unwanted cravings through the day
- ↓ Overall calories consumed
- ↓ Body Weight



## What to do:

Within 30-60 minutes of waking up you should eat a high carbohydrate/high protein meal. It is better to consume complex carbohydrates early in the day since you are most active during the day. High protein will help you stay more full and satisfied.



# Healthy breakfast guidelines:

## Eggs:

For more protein use 1 egg yolk and 3 egg whites.

Load eggs with veggies like peppers, tomato's, onions, kale, spinach, avocados, and broccoli.

Add cheese to taste.

Use wraps, whole grain bread, or English muffins.



# Healthy breakfast guidelines



## Smoothies:

Load with fruits and healthy greens for nutrients.

Add peanut or almond butter, Greek yogurt, or whey for extra protein.

Use low fat milk, almond milk, or coconut milk.



# Healthy breakfast guidelines:



## Oatmeal:

Use organic steel cut oats.

Add apples, berries, peaches, bananas, etc.

Add agave nectar, honey, or cinnamon to taste.

For extra protein mix in whey protein or Greek yogurt.

# Other healthy breakfast options:

- Protein bars
  - well balanced protein, carbs, and fats
- Organic grains
  - quinoa, steel cut oats, chia, and multigrain breads
- Protein waffles, pancakes, and muffins
  - Use whey protein
  - Use bananas, pumpkin, or apple sauce instead of sugar



Remember, breakfast is the most important meal of the day!

