

Did YOU Eat Breakfast Today?



NORTH CYPRESS
Internal Medicine and Wellness
Live healthy, live well.

We've always been told that "Breakfast is the most important meal of the day" and this meal really does pack a healthy punch. Not only does breakfast give you energy to start the day, but it is also linked to health benefits such as weight control and improved performance. Eating a healthy, balanced breakfast everyday can give you a more nutritionally complete diet full of vitamins and nutrients, improved coordination and performance, increased strength and endurance, and long-lasting energy. Another reason to kick start your day with breakfast is that regular breakfast eaters tend to weigh less than those who skip out on their A.M. meal.

Fast, Healthy Breakfast Ideas:

1. Peanut Butter Waffle

Instead of dousing a whole-grain or bran waffle in syrup, cut the sugar and boost the protein and fiber by spreading it with 2 tablespoons of peanut butter. You can also sprinkle on 1 tablespoon of raisins, shredded coconut, fresh fruit, sesame, chia, or flax seeds.

2. Oatmeal

This heart-healthy, fiber-packed breakfast will keep you full and give you energy. Watch out for extra sugar and sodium in the instant varieties. Make your own oats and spice them up with fruit, honey, nuts, and cinnamon.

3. Greek Yogurt/Fat-Free Yogurt

Top this creamy treat with fresh fruit, honey, low-sugar granola, or plain cheerios. Your best bet is topping a plain, non-fat yogurt with your own ingredients to avoid excess sugar.

4. Smoothies

A smoothie is a great on the go breakfast. Add fruit, yogurt, milk, 1 tbsp of peanut butter, chia seeds, or flax seeds. If you're feeling adventurous kale, spinach, and other veggies make an awesome, healthy add-in (the fruit does a great job of covering the veggie taste!)

5. Eggs

Eggs are full of protein and make a great breakfast item. They can be prepared in a variety ways. Try a veggie omelet or hard-boiling for a grab and go option.

6. Whole Grain Toast

Top whole grain toast with cottage cheese, avocado, peanut butter, eggs, honey, or fresh fruit for a quick and filling breakfast.

7. Low-Sugar Cereal

Cereal can be tricky, but a great breakfast option if you watch out for excess sugar and artificial dyes and flavors. Opt for choices with at least 5 grams of fiber and less than 5 grams of sugar. Top your bowl with skim milk, fruit, honey, nuts, and seeds to add sweetness and flavor.

8. Whole-Grain English Muffins: Toast the muffin and top with peanut butter and small amount of jelly or eggs, avocado, low-fat cheese, turkey sausage or turkey bacon for a healthy on-the-go sandwich.

9. Breakfast Taco: Add eggs, avocado, low-fat cheese, black beans, veggies, turkey bacon or turkey sausage to a whole grain tortilla and top with salsa.



Weekly Challenge: Start with 10 seconds of jumping jacks. Add 5-10 seconds every day to your time. Work your way up to 60 seconds of jumping jacks



Jumping Jack form: Start standing with feet shoulder width apart and hands by sides. Jump legs out a little wider than hip width apart, while raising arms out to the side and overhead. Jump arms and legs back to the starting position. Continue this motion for the desired amount of time. Don't hold your breath, focus on full inhales and exhales.



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