

Eat Breakfast Every Day



CHALLENGE
Start the day with a healthy meal

Requirements to Complete this HEALTH CHALLENGE™

1. Read "Eat Breakfast Every Day."
2. To complete the challenge, eat a healthy breakfast on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.



When Mitch Robbins (Billy Crystal) is stressed out and overworked in the comedy-adventure movie *City Slickers*, he decides to get away from big-city life with some friends by going on a two-week cattle drive. Out on the open range, he learns a thing or two from the tough-as-nails cowboy Curly Washburn (Jack Palance).

But the cowboy breakfast cooked on an open fire in a cast-iron skillet ends up being Curly's last when he suffers a fatal heart attack. "The man ate bacon at every meal, you... you can't do that," one of Mitch's friends declares. The city slickers are left to try and head-up the cattle drive on their own. And in true Hollywood-style they complete the journey, have some laughs, and learn a few lessons along the way...one being that what you eat for breakfast matters.

Make the effort to start your day with a healthy breakfast. You will feel better, reduce your risk for chronic disease, and live longer. Take the challenge to **Eat Breakfast Every Day**.

Never skip breakfast again

An estimated 31 million Americans skip breakfast every day. Most who bypass the morning meal do so because they're running late. And some forgo breakfast because they think it will help them control

Take the Healthy Breakfast Quiz

How much do you know about the health benefits of eating a healthy breakfast? Take this quiz to find out:



T F

1. Eating any kind of oatmeal or cereal for breakfast is a healthy way to start the day.
2. Starting your day with a healthy breakfast lowers your risk for obesity, diabetes, heart disease, and high cholesterol.
3. Eating breakfast improves brain function, memory recall, and the ability to concentrate.
4. If you skip breakfast, you are more likely to crave refined carbohydrates and sweets later in the day.
5. Skipping breakfast is a good way to boost your metabolism and limit calories to lose weight.

Breakfast is the most important meal of the day. Healthy breakfast foods include fruits, whole grains, low-fat dairy or soy products, and healthy proteins. Research shows that when you take the time to eat a healthy breakfast, you reduce your risk for many chronic diseases and help prevent weight gain.

1. False. 2. True. 3. True. 4. True. 5. False.

Whole-grain breakfast helps control weight

Eating fiber-rich foods like whole-wheat toast, whole-grain cereal, and oatmeal for breakfast can help you control your weight. In a Harvard study, an estimated 78 percent of people who successfully lost weight said they ate breakfast daily. And those who maintained their weight loss said their breakfast typically included whole grains and fruit.

calories and lose weight. But either excuse for skipping breakfast can backfire. Skipping breakfast leads to:

- An impaired ability to think and concentrate
- A greater risk for weight gain and obesity
- Increased levels of stress and irritability
- A lack of energy, fatigue, and tiredness
- Cravings later in the day for unhealthy snacks and drinks
- Increased risk for heart disease, diabetes, and high cholesterol

Too many of those who do eat breakfast gobble up doughnuts, fast food, high-calorie coffee drinks, and sugar-sweetened cereal. Eventually this kind of diet will have the same effect as Curly's bacon-at-every-meal plan. Breakfast is the most important meal of the day, and what you eat makes a difference.

The benefits of a healthy breakfast

Eating regular meals – especially breakfast – every day is a good health habit. Breakfast kick-starts your metabolism, provides fuel for your mind, and cuts down on mid-morning snacking. Eating a healthy breakfast:

✓ Prevents weight gain and obesity.

In the National Weight Control Registry, 80 percent of the 3,000 people who maintained a healthy weight said they ate breakfast every day. The Nielsen's National Eating Trends Survey also found that people who ate whole-grain cereal for breakfast weighed about eight pounds less than those who didn't.

✓ Lowers the risk for diabetes.

In a study published in *Obesity Research*, breakfast habits of 2,059 people were monitored for eight years. Researchers found that healthy breakfast habits reduced the risk for obesity by 39 percent in men and 55 percent in women.

✓ Helps control cholesterol.

Researchers wanted to compare the effects of taking medication to eating whole-grain cereal to control cholesterol, in a study published in the *American Journal of Clinical Nutrition*. After monitoring a small group of people for 12 weeks, they found that both groups achieved similar results in lowering cholesterol.

✓ Improves brain function.

Researchers at the University of Pennsylvania tracked academic performance and breakfast habits of 1,269 students. Those who ate a healthy breakfast daily had better test scores, a more developed vocabulary, better comprehension skills, and higher IQs than those who did not.

Easy breakfast ideas

If you're among the millions who rush out the door without breakfast, or you're inclined to go for pastries and sweets to start your day, you need a better breakfast plan. Fortunately, there are many healthy, tasty, and easy-to-make breakfast foods to choose from. Start your day out right with:

- A banana, a handful of pecans, and low-fat yogurt.
- Whole-grain cereal with low-fat milk or soymilk, sprinkled with berries and slivered almonds.
- Low-fat yogurt mixed with fruit and whole-grain granola.
- Egg whites or egg substitute served with fresh fruit and whole-grain toast.
- A fruit smoothie made with frozen berries, banana, ice, and low-fat or soy milk.
- Peanut butter on whole-grain toast, topped with cooked peaches, applesauce, or blueberries.
- A strawberry, melon, and yogurt smoothie with a bran muffin made with raisins and walnuts.
- An orange and two buckwheat pancakes topped with unsweetened applesauce.
- A low-fat, whole-grain bagel spread with low-fat cream cheese and cantaloupe slices
- Fruit salad and a whole-grain blueberry muffin.
- Vegetable soup and a slice of whole-grain toast topped with avocado (who says breakfast has to be traditional?).
- Steel-cut oats with apple slices and low-fat milk.
- Whole-wheat toast spread with transfat-free margarine and a glass of orange juice.
- Cottage cheese, pineapple slices, and whole-grain crackers.
- Breakfast burrito (fill a whole-wheat tortilla with sautéed onions, peppers, mushrooms, yams, and tomatoes seasoned with garlic and thyme).
- Low-calorie muesli with low-fat yogurt and apricots.
- Tuna mixed with celery and low-fat mayonnaise served on toasted whole-grain bread.



How to choose healthy breakfast cereals
tinyurl.com/qh95k69



34 healthy breakfasts for mornings on the run
tinyurl.com/ndos5fc



Set a goal to eat a healthy breakfast every morning.

Start by making a shopping list of healthy foods you want to eat for breakfast (fruits and vegetables, nuts and seeds, whole-grain breads and cereals, healthy proteins, low-fat dairy or soy products). Then go grocery shopping to get the ingredients you need. When you wake up in the morning, it will be easy to put together a healthy breakfast and be on your way to better health.

Test your breakfast IQ
tinyurl.com/plphc3l

Sources: American Heart Association.; Obesity Research.; Harvard School of Public Health.; Obesity Research.; American Journal of Clinical Nutrition.; EatRight Ontario.; Academy of Nutrition and Dietetics.

Eat Breakfast Every Day



CHALLENGE
Start the day with a healthy meal

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you eat a healthy breakfast.
3. Use the calendar to record the actions and choices you made to make eating a healthy breakfast every day become a regular part of your life.
4. At the end of the month, total the number of days you ate a healthy breakfast. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>		
ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____		
HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>		
ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____		
HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>		
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HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>	HC <input type="checkbox"/>		
ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____		
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ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____		
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ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____		

_____ Number of days this month I ate a healthy breakfast

_____ Number of days this month I got 30+ minutes of physical activity such as brisk walking or biking

Other wellness projects completed this month:

Signature _____ Date _____

