HEALTHY START TO YOUR DAY

Start your day off right by including a healthy breakfast in your morning routine. A nutritious breakfast contributes to the daily nutrients you need.

A healthy breakfast should have three components. This is called the Breakfast Rule. The Breakfast Rule states that a healthy breakfast includes foods from three different food groups: the grain group, the dairy group, and the fruit or vegetable group.

Breakfast is not just limited to traditional breakfast foods. A bowl of soup, a sandwich, or a slice of pizza can be part of a nutritious breakfast. Consider eating a breakfast of “left overs” from dinner the night before.

Serve a healthy breakfast for you and your family every morning. You will benefit nutritionally, academically, physically, and socially from this healthy start to your day. Make breakfast time a priority for you and your family.
GET MOVING . . . BE MORE ACTIVE AT WORK

If your job involves mostly sitting, make an extra effort to get up and walk throughout the day.

- Park your car at the far end of the parking lot and walk for 10 minutes
- Take the stairs instead of the elevator several times a day
- Get up from your computer every 30-60 minutes and walk for a few minutes
- Take a 10-minute walking break at lunch and coffee breaks
- Park and walk inside restaurants instead of using the drive-through
- Find a fitness partner to help keep each other motivated

DID YOU KNOW . . . ?

✓ Breakfast eaters are likely to perform better in school and/or work and have better attitudes, concentration, and problem solving capabilities.

✓ Children who eat breakfast regularly are likely to have increased athletic ability, including more strength and endurance.

✓ You are more likely to overeat at lunch if you skip breakfast.

✓ Eating breakfast has been shown to reduce the odds of becoming obese.

✓ When you eat breakfast, you are "breaking" the overnight "fast."

QUICK IDEAS FOR A HEALTHY BREAKFAST:

✓ Hot or cold cereal with milk and a piece of fruit.

✓ Grilled cheese sandwich with fruit juice.

✓ Muffin, yogurt, and vegetable juice.

✓ Oatmeal with raisins, applesauce and a cup of milk.

✓ Peanut butter sandwich, milk, and a piece of fruit.

✓ Toast, fruit cocktail, and yogurt.

✓ Bagel with peanut butter and raisins and a cup of milk
FAMILY ACTIVITY

Designate a specific day of the week as “Family Breakfast Day.” Each member of the family should participate in the planning, preparation, eating, and cleaning up of the entire meal. Remember to follow the Breakfast Rule when planning your family breakfast.

Make meal time fun for everyone. Use this time to talk about the week’s events or your plans for the day. Decide on another activity to do together later in the day, like riding bicycles or going for a walk. Most importantly, enjoy spending this time together as a family.

Southern Blueberry Muffins

1 egg 2 cups all-purpose flour
3/4 cup skim milk 3 teaspoons baking powder
1 cup blueberries 1/3-1/2 cup sugar
1/2 cup vegetable oil 1 teaspoon salt

Beat egg. Stir in milk, blueberries and oil. Pour in dry ingredients all at once and stir just until flour is moistened (batter will be lumpy). Fill greased or paper lined muffin cups 3/4 full. Bake about 20 minutes at 400° or until golden brown. Remove from pan immediately. Yield: 12 muffins.

Nutrition Facts

Amount Per Serving

<table>
<thead>
<tr>
<th>Calories</th>
<th>159</th>
<th>Sodium</th>
<th>637 mg</th>
</tr>
</thead>
</table>
| Total Fat| 8 g | 43% of total calories from fat
| *Vitamin A | 13% | *Vitamin C | 7% |
| *Calcium  | 35% | *Iron    | 2%    |