



### Plant a Seed... To Grow a Healthy Breakfast Habit

Spring brings new growth in plants and a chance for new growth in us to develop healthy habits. If you don't routinely eat breakfast, it's an easy habit to begin; and it brings immediate, positive results. Eating breakfast provides nutrients and energy you need to start the day right. You'll look and feel better each morning getting a satisfying meal.

#### Use these suggestions to help you experience *Breakfast GO Power*:

- **Rise a little earlier** – Get up 10-15 minutes earlier to allow for breakfast preparation. OR, set out breakfast dishes, equipment and foods the night before to save time with preparation.
- **Make a grocery list** – Add healthy breakfast foods to your list like whole grain, low sugar cereals; skim milk, low fat yogurt and string cheese, whole grain breads and fresh fruits. Having breakfast food at home allows for easy preparation and the occasional “grab and go” morning!
- **Add variety** – Mix things up. Skipping breakfast often happens when you're tired of the same foods. Try something different such as adding sliced fruit to your cereal, topping eggs with salsa, or choosing a bagel sandwich (lean meat and low fat cheese) in place of a traditional bowl of cereal.
- **Choose to snack less before bedtime** – Breakfast will be more inviting if late night snacking hasn't dampened your early morning appetite.

#### Choose a Challenge goal to begin or strengthen your breakfast habit!

- Set my alarm and get up earlier to allow time for breakfast.
- Try a new breakfast food this week, like a fruit smoothie or egg and low fat cheese wrap.
- Purchase healthy breakfast-type foods you enjoy at the grocery store this week to be ready for breakfast meals.
- Post a list of breakfast ideas on your refrigerator to remind you to eat breakfast!
- Meet a friend or coworker for breakfast before work several days this week.
- Create a challenge goal of your own. \_\_\_\_\_

