

Wellness Notes

PVUSD Nutrition & Wellness

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Got Breakfast?

Breakfast is the most important meal of the day. Breakfast helps you to jump start your metabolism and provides the energy your body needs to start the day. Studies show that people who skip breakfast are less able to perform physically and mentally and have a higher risk of being overweight.

The word "Breakfast" actually means breaking the fast from the night before. Breakfast improves concentration, problem solving ability, mental performance, memory and mood. Breakfast helps to maintain blood sugar, energy levels and balance hunger. Skipping a meal increases hunger and difficulty identifying signs of fullness later which can result in overeating.

Is Your Breakfast Nutritious?

A nutritious breakfast should include foods from at least three of the food groups (below) in the Food Guide Pyramid.



Eat a Variety of Foods to get the Nutrients you need!
Try:

- Grains, breads and cereal for energy (carbohydrates) – Make at least half your grains whole
- Lean meats & poultry, fish, dry beans & peas, eggs, nuts & seeds for protein
- Fruits (fresh, canned, frozen or dry) or 100% fruit juice for vitamins, minerals & fiber
- Vegetables (raw/cooked; fresh, frozen, canned or dried) for vitamins, minerals and fiber
- Milk, cheese and yogurt for protein and calcium

Breakfast at Home:

- Serving of hot /cold whole grain cereal, low-fat milk and fruit
- Serving of whole grain waffles/ pancakes with berries and yogurt
- Toasted bagel with cheese and fruit.
- Scrambled eggs with veggies & cheese and whole-grain toast
- Grilled cheese or peanut butter & jelly sandwich
- Leftovers- they aren't just for dinner anymore.



Breakfast on-the-go:

- Whole grain cereal/ low-fat granola bar, yogurt and 100% juice
- Re-sealable pre-portioned bag of whole-grain cereal, container of low-fat milk and a banana
- Bran muffin, cheese slice & apple



Breakfast at School:

Stop by the school cafeteria each morning for a variety of delicious & nutritious ways to start your day!