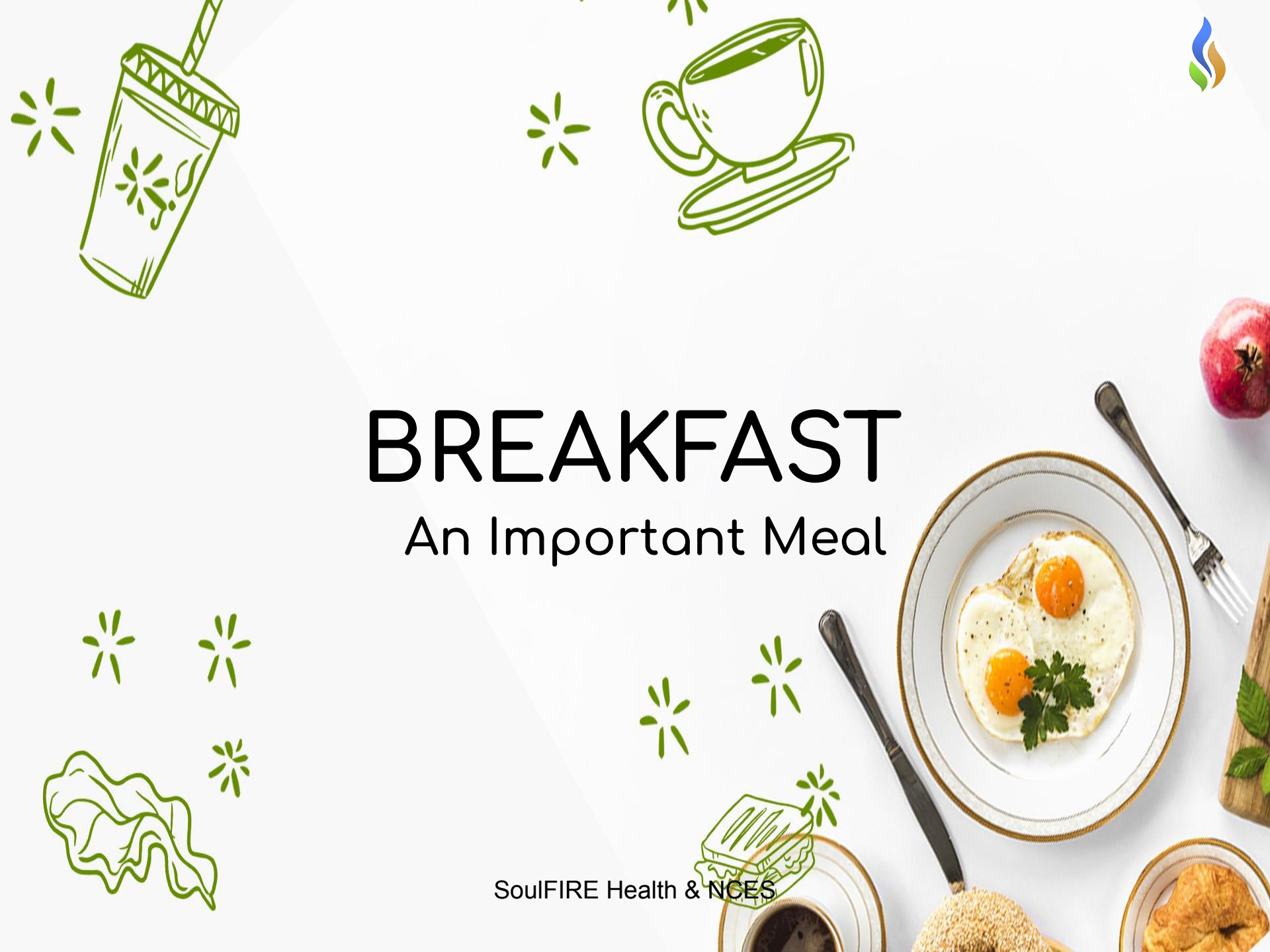




BREAKFAST

An Important Meal

SoulFIRE Health & NCES





OBJECTIVES

- Benefits of Breakfast
- Focus on nutrients
- Identify healthy breakfast options
- Learn how to change behaviors
- Understand the Do's and Don'ts of breakfast



Why Breakfast?

- Food is fuel: breakfast provides your body the fuel it needs to start the day
- Kickstart your metabolism
- Maintain blood sugar levels
- Curb cravings later in the day
- Improve your mood and ability to concentrate
- Sets up your day for other healthy behaviors



Set The Tone For The Day

Set yourself up for success, and you're more likely to make healthy choices throughout the day!

- Breakfast is likely the first thing you put in your body for the day.
- Set yourself up for other healthy and productive habits throughout day.
- Combine protein and fiber to keep yourself full and focused until the next meal or snack.

TIP! Eating large amounts of refined carbohydrates first thing in the morning can cause unwanted blood sugar spikes.



Define a Healthy Breakfast

What does a
Healthy
Breakfast
Consist of?

- Healthy Breakfasts
 - Avoid added sugars
 - Contain healthy fats
 - High in fiber
 - Lean protein source



Identify Healthy Breakfast Options

Healthy
Breakfast
Options,
especially on
the go...

- 2 hard boiled eggs + apple
- greek yogurt + frozen strawberries + handful of mixed nuts
- toasted whole wheat bagel + peanut butter + frozen blueberries
- peanut butter/ banana smoothie
- toasted english muffin + egg + sliced cheese



On the Go...

Tip! When in a pinch....

- Read the labels of pre-packaged breakfast items.
- Know what's in your "granola bars" and look for added sugars.
- If necessary, pack an item to accompany the convenience item (piece of fruit, yogurt, string cheese etc..)

Prepare...

- Prepare easy breakfast items on the weekend or the night before!
 - Freezer breakfast burritos
 - Overnight oats
 - Frozen breakfast muffins
 - Yogurt parfaits
 - Hard boiled eggs
 - Pre-sliced fruit
 - Baked egg cups



Excuses for Poor Breakfast Habits

Top Excuses

1. I've always eaten this way...
2. Too Busy
3. Not Hungry
4. I'll catch something along the way...
5. I don't like breakfast foods...
6. Poor evening behaviors...



Changing Behaviors

Things to think about...

- Have you been skipping breakfast to restrict calories?
- Could you prep breakfast the night before?
- Can you stock your work environment with healthy breakfast options?
- Can you plan a breakfast you enjoy?



Understanding the Do's & Don'ts

Do's

- Have a plan!
- Stock your kitchen with healthy breakfast items you enjoy.
- Identify a nutrient dense breakfast.
- Know what's in your food - read nutrition labels.

Don'ts

- Settle for unhealthy, convenient items!
- Ignore your hunger cues.
- Restrict your intake - it will lead to bingeing later in the day.



Great Resources

- https://ncescatalog.com/Breakfast-Basics-Poster_p_818.html
- https://ncescatalog.com/Breakfast-Basics-Tear-Pad-50-Sheets_p_817.html
- https://ncescatalog.com/Fill-Up-With-Fiber-Handouts_p_1615.html
- <https://www.soulfirehealth.app/items/beverage-basics>
- <https://ncesaffiliate.com/product/cereal-scoop/>
- https://ncescatalog.com/Sugar-Shockers-Foods-Handouts_p_1613.html

