

# BREAKFAST: IT'S FOR CHAMPIONS

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## MORNING MEALS

“ *I don't have time... I'm on a diet... I'm not hungry in the morning!* ”

These three excuses for missing breakfast contribute to needless fatigue, trouble concentrating at school and too little energy to train well.

## SOLUTIONS FOR BREAKFAST SKIPPERS

### "I DON'T HAVE TIME TO EAT"

Making time to exercise is a commitment. So is making time to eat. Some quick breakfast suggestions include a baggie of raisins and granola at the bus stop, a bagel with peanut butter on the way to school or a few slices of leftover pizza.

### "I'M NOT HUNGRY"

Athletes who lack a morning appetite likely ate their breakfast at bedtime, the night before. Too many evening snacks can easily ruin your morning appetite as well as displace important vitamins and minerals if you fill up on unhealthy snacks at night.

### "I'M ON A DIET"

Athletes who want to lose weight should enjoy a good breakfast and lunch, eating less for dinner. The goal is to lose weight when sleeping, not when trying to study and play sports! Successful diets start with a wholesome breakfast and end with a lighter dinner.

**If you routinely skip breakfast, try this experiment:**

- Eat breakfast for three consecutive days.
- Observe the benefits: more energy, less afternoon and/or evening hunger and better workouts.
- You'll quickly discover breakfast is an important meal for champions!





## WHAT'S BEST TO EAT?

Any breakfast is better than no breakfast, and some breakfast choices are better than others. Try these breakfasts for a high-energy day:

- Oatmeal cooked in milk with banana and peanut butter.
- Whole wheat bagel with eggs, cheese and orange juice.
- French toast with vanilla yogurt and applesauce.
- Yogurt with granola, (frozen) berries and almonds.

A quick breakfast of champions is **cereal + milk + banana**. Eat from a travel mug for a breakfast on the run! This simple meal provides important nutrients required for athletic success.

## CARBOHYDRATES

The best source of muscle-fuel!

Other carb-rich breakfast ideas include: oatmeal, whole-grain (frozen) waffles, French toast, bagel, English muffin, banana bread, grits, fruit and 100% fruit juice. Even leftover pasta!

**SUMMARY:** A carbohydrate-based breakfast that includes adequate protein is a critical energy booster for helping athletes fuel-up for a busy day. Without this morning meal, the body will run on fumes, perform less effectively and reduce your intake of nutrients that contribute to good health and high energy.



## PROTEIN

For building and repairing muscles.

Milk on cereal is protein-rich. Other protein options include: eggs, cottage cheese, yogurt, cheese, nuts, peanut butter, hummus, or even leftover chicken.

## IRON

A mineral important for carrying oxygen from the lungs to your muscles.

Choose iron-enriched cereals, like raisin bran, toasted O's and other common cereals. Look on the label for fortified or enriched. Iron reduces the risk of becoming anemic and experiencing needless fatigue during exercise. Drinking orange juice along with iron-enriched cereal enhances iron absorption.

## CALCIUM

Important for strong bones, as well as for helping muscles contract properly. Dairy or soy milk adds high-quality protein to breakfast. Yogurt is another option.

## POTASSIUM

A mineral (electrolyte) lost in sweat.

Banana, orange juice and whole grain cereals are potassium-rich.