

## Power Up Smoothie:

Make the night before and chill overnight so you can grab and go in the morning! Enjoy with a low fat granola bar, muffin or whole wheat toast with peanut butter. You can always double the serving size for a smoothie on the go!



1/4 pound soft silken tofu (fortified with Calcium)

1 cup frozen unsweetened strawberries

2 medium ripe bananas

1 cup non fat milk

1/2 teaspoon honey and vanilla extract

3 ice cubes

Blend the tofu and fruit until smooth. Gradually add the milk, honey, vanilla extract and ice. Blend until smooth.

### On the go?

- ◆ Try an Enlightened Smoothie or Yogurt Blend Smoothie from Jamba Juice.
- ◆ You can even find healthy bites at fast food, such as a Fresh Fruit Bowl with yogurt at Wendy's or Fruit & Walnut Salad at McDonald's.



- ◆ Or, a 12-ounce non-fat latte, side of fruit, and low-fat muffin (watch the size) from your favorite coffee shop. Starbucks also offers a Spinach, Roasted Tomato, Feta & Egg Wrap.

### Fit HELP

(Fitness, Healthy Eating, & Lifestyle Program)

(916) 278-WELL

Sacramento State Student Health Center

# Why Eat Breakfast?



## Start your engine right!

You've heard it before - breakfast is the most important meal of the day. How many days out of the week do you eat breakfast? Hopefully your answer is everyday! However, if you skip breakfast frequently, try asking yourself why. Is it because you are not hungry in the morning or you don't have time? Or, it is because you think breakfast will make you hungry the rest of the day, or because you think it will help you lose weight?

No matter what your reason is for skipping breakfast - there is a solution.

Breakfast can be quick, satisfying and tasty with a preparation time of 10 minutes or less!



## Top 5 benefits of breakfast:

1. Breakfast gives your brain fuel to help you concentrate and perform better at work and school.
2. Breakfast essentially means breaking the overnight fast - helping you jump start your metabolism for the day!
3. Breakfast can help increase your overall energy.
4. Breakfast helps keep your blood sugar level steady.
5. Breakfast can help reduce the likelihood of overeating later in the day.

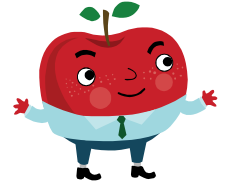


## Let's challenge common excuses for skipping breakfast:

- *You are not hungry:* Practice makes perfect! The more you eat breakfast, the more your body will crave it. Also, take a look at your portions the night before. Skipping meals can lead to overeating later in the day leaving you less hungry in the morning.
- *Breakfast will make you hungry all day:* It is good and normal to be hungry at intervals throughout the day! Ideally, you should try to eat every 3-4 hours to keep your engine humming, prevent cravings and mood swings and improve energy levels.
- *Skipping breakfast will help me lose weight:* Wrong! In fact, a common trait among people who successfully lose weight and keep it off is that they start the day with breakfast.
- *I don't have time:* Breakfast can be as easy as grabbing a few items and heading out the door. To make it easier you can prepare something the night before.

## Super fast grab-n-go breakfast ideas:

- Small whole wheat bagel with light cream cheese and banana
- Whole grain toaster waffle with peanut butter and all fruit jam
- Meal replacement bar and fruit
- Hard boiled egg (boil the night before), whole grain toast and grapes
- String cheese, apple and low-fat granola bar



## Or, in just a bit more time you could make:

- ◆ 1 whole wheat English muffin, toasted and topped with 1 tbsp. natural peanut butter, 1/2 slices banana and 1 tbsp. raisins with 1 cup of non-fat milk on the side. **397 calories, 8g fat, 7g fiber**
- ◆ 1 cup non fat light or plain yogurt mixed with 1 cup fresh or frozen fruit and 1/2 cup Kashi Go Lean Crunch. **307 calories, 2g fat, 8g fiber**
- ◆ 1 small whole wheat bagel, toasted and topped with 1 Tbsp. low fat cream cheese, 2oz lean deli sliced ham, handful of spinach leaves and sliced tomato. **272 calories, 6g fat, 8g fiber**
- ◆ 1 cup cooked oatmeal topped with 1/2 cup low fat vanilla soy milk, 1tbsp. Light maple syrup, 1/2 cup blueberries, and 1 tbsp. slivered almonds. **292 calories, 7g fat, 9g fiber**
- ◆ 1 slice whole wheat pita filled with 2 scrambled egg whites, 1 slice light cheese, sliced mushrooms and spinach with a piece of fresh fruit on the side. Add salsa and salt and pepper to taste to egg whites for extra flavor! **314 calories, 5g fat, 10g fiber**