

# Breakfast: Overview

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## Healthy Breakfast is Important:

- Provides energy for the day
- Boosts metabolism
- Improves cognitive functions
- Helps with weight management
- Promotes a healthy lifestyle

## Breakfast Overview :

Breakfast is often called the most important meal of the day, and for good reason. The name suggests it all, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness. The best way I can describe it is that it jumpstarts your day! It also provides other essential nutrients required for good health. A few key factors of breakfast:

### **Provides Energy:**

Your body's energy source is glucose, better known as sugar. During your sleep it is broken down and absorbed from the carbohydrates you eat. In the morning after you have gone long hours without eating the liver breaks down the glucose/glycogen and releases it into your bloodstream to keep your blood sugar levels stable. This is important for your brain because it relies mainly on glucose for energy. This is a prime example of why students should eat before test and before heading out the door to school.

### **Provides vitamins, minerals, and other nutrients:**

Breakfast foods are rich in key nutrients such as folate, calcium, iron, B vitamins and fiber! People seem to lose sight that breakfast provides a lot of your daily total nutrient intake. In fact, people who eat breakfast are more likely to meet their recommended daily intakes of vitamins and minerals.

### **Breakfast helps control your weight:**

Research shows that eating breakfast helps control your weight due to:

- Helps regulate your blood glucose levels helping you to control your appetite.
- **People who eat a healthy balanced breakfast tend to not overeat the remainder of the day!**

# Breakfast: Overview

## **Breakfast helps control your weight:**

- Breakfast fills you up before you become overly hungry, so you are then less likely to grab whatever food that is nearby or fast food on the way to work.
- People who tend to skip breakfast nibble on snacks all through the morning even into the afternoon. These small snacks here and there add up to more calories than if you had just ate a balanced breakfast.
- A balanced breakfast should consist of proteins, carbs and fats.

## **Common reasons people often tell me they skip breakfast:**

- They do not have enough time to prepare anything
- They would rather sleep longer
- Too tired
- Not hungry or bored with the same foods
- The cost of buying breakfast food (I can guarantee that Starbucks coffee or medical bill is more expensive than buying healthy meal options)

## **Examples of healthy breakfast:**

- Wholegrain cereal
- Greek yogurt with healthy granola or fresh fruit
- Wholegrain, whole wheat, English muffin, or sourdough bread with eggs, avocado or peanut butter/almond butter, and 2-3 pieces of bacon or other meat
- Smoothies made from fresh fruit or vegetables, with Greek yogurt or Milk (for protein and fat)
- Overnight oats
- Omelets with veggies and whole wheat toast

# Whole wheat toast with avocado and eggs:

The Ingredients.

**Bread**– While any bread works the healthiest kinds are high in fiber and slow digesting. These include wholegrain bread, sourdough bread, or bread that has nuts and seeds mixed through.

- **Avocado**– The ‘healthy fat’ proportion of this breakfast. Half a medium avocado contains 15 grams of heart healthy fats and 10 grams of fiber.

**Salt, pepper, and lemon juice**– To mix with the avocado to add extra flavor. Alternatively, you can make **guacamole**.

- **Eggs**– The protein portion! One large egg has 7 grams of protein and the healthiest ways to cook them are pan fried, boiled, or poached.

**Seasonings**– To taste.

The Instructions:



Start by lightly toasting your bread. While it is toasting, prepare the avocado.

In a small bowl, mash the avocado until mostly smooth. Add the salt, pepper, and lemon juice and mix until combined. Spread it over the toast.

Now, fry, poach, or soft boil your egg. Once cooked, add it over the avocado toast.

Sprinkle with your favorite seasonings and serve immediately.

# How to make overnight oats:

## INGREDIENTS

- **$\frac{3}{4}$  cup rolled Old Fashioned oats\***
- **$\frac{3}{4}$  cup milk of choice (2%, oat milk, or almond milk)**
- **1 tablespoon maple syrup**
- **$\frac{1}{2}$  teaspoon vanilla**
- **$\frac{1}{8}$  teaspoon kosher salt**

**Topping ideas: berries, banana slices, diced apple, peanut butter, almond butter, cashew butter, toasted nuts, dried fruit, maple syrup, etc.**

## INSTRUCTIONS

- 1. Place the oats, milk, maple syrup, vanilla and salt in a small jar with a cover and stir or shake to combine. Leave in the refrigerator or overnight. The oats are best the next day,**



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