

**Title:** Jump start the day with breakfast

**Headline:** Fuel your body and your brain, eat breakfast

**Abstract:** What can help you think, keep your memory sharp, improve your diet, and help to maintain a healthy weight? Breakfast. That's right – Mom knew what she was talking about after all. Research has uncovered numerous benefits associated with the morning time meal.

**Tips:** These tips can help you make breakfast a habit.

- Stock up. Be sure that you always have plenty of breakfast foods in the house.
- Plan ahead. Prepare your breakfast the night before to save yourself preparation time in the morning.
- Take it to go. Prepare commuter-friendly meals that you can grab on your way out the door.
- Don't force it. Don't force yourself to eat foods you don't like. Try out lots of different foods until you find something you enjoy.

**Simple changes:** Choose whole grain, high fiber carbohydrates and low-fat dairy products and meats.

- Whole grain, high fiber cereal with lowfat milk
- Whole grain, high fiber bar and a cup of lowfat milk
- Toasted whole grain waffle with sliced fruit and yogurt
- Natural peanut butter and jelly on whole wheat toast
- Whole grain crackers with low-fat cheese
- Reheated brown rice and a hard boiled egg
- Grits with low-fat cheese
- Oatmeal with applesauce
- Pita bread with low-fat yogurt

**Inspirational quote:**

He has half the deed done who has made a beginning. -Horace

**Article:**

It's amazing: it can help improve your memory, help you concentrate, improve your diet, and help to maintain a healthy weight -- and it tastes good, too!

So, what is *it*?

Breakfast. That's right – Mom knew what she was talking about after all.

Research has uncovered numerous benefits associated with the morning time meal.

**BRAIN FUEL**

Breakfast replenishes the fuel that your body uses up while you sleep – it is literally a *break* from an overnight *fast*. Because your brain does not have a storage place for fuel, it is particularly affected by the fast. If your brain's fuel source, glucose, isn't refilled after a night's sleep, your brain will not function at an optimal level – it would be like a car running on empty.

It's not just theory – studies have shown that breakfast helps your brain work optimally. According to a study published in the American Journal of Clinical Nutrition, skipping breakfast has a profound effect on memory. The researchers reported that people who did not eat breakfast had a decreased ability to remember items from a word list or a story as compared with people who did eat breakfast. While these may seem like minor tasks, the ability to remember is key to performing well at home, work, or school. Other important brain functions such as the ability to pay attention and concentrate have also been shown to improve with eating breakfast.

## OVERALL HEALTH

Research has taught us that people who eat breakfast have a higher quality diet and are better able to control their weight than people who skip the meal. In fact, 78% of the people listed in the National Weight Control Registry, a database of individuals who successfully lost at least 10% of their body weight and kept it off for at least one year, report eating breakfast everyday. In addition, studies show that breakfast eaters are less likely to be obese than their meal-skipping counterparts.

## MAKE IT A HABIT

The benefits of breakfast are hard to ignore, but if breakfast isn't second nature for you - don't worry. These tips can help you make breakfast a habit.

- Stock up. Be sure that you always have plenty of breakfast foods in house.
- Plan ahead. Prepare your breakfast the night before to save yourself preparation time in the morning.
- Take it to go. Prepare commuter-friendly meals that you can grab on your way out the door.
- Don't force it. Don't force yourself to eat foods you don't like. Try out lots of different foods until you find something you enjoy.

## THINK OUT OF THE BOX

Whole grain cereal with lowfat milk is a great breakfast option. But go ahead and get creative – try adding fruit or yogurt to your bowl or eating non-traditional morning foods for breakfast (it's OK, really!). Here are several options or use your imagination to create your own morning meal that is both enjoyable and satisfying. Just remember to keep it healthy by choosing from several different food groups such as whole, high fiber grains and low-fat dairy products and meats.

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- Reheated brown rice and a hard boiled egg
- Grits with low-fat cheese
- Oatmeal with applesauce
- Pita bread with low-fat yogurt
- Brown rice and beans with fruit

- Chicken noodle soup with fruit
- Last night's leftover veggie pizza
- Fruit smoothie blended with juice and yogurt

**Key words:** breakfast, health, performance

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