Breakfast Boost

Research has shown that the benefits of eating breakfast each day may help you:

- Curb hunger and stabilize blood sugar levels
- Feel more energetic and think more clearly
- Burn calories more efficiently instead of storing them as fat
- Avoid overeating so you won't be ravenous at your next meal
- With much needed nutrition after a long period of inactivity and sleep

There are so many benefits for such a simple activity!

Eat breakfast daily — whether it is grab-and-go or a meal on a plate! Aim for about 300 calories, 3-4 grams of fiber, and at least 6 grams of protein. Check the box for each day you have breakfast and tally them at the end.

The month of _____

monday	tuesday	wednesday	thursday	friday	saturday	sunday
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I have eaten breakfast _____ times.

☐ **I felt good and had more energy.**
☐ **I will make eating breakfast part of my daily routine.**

If you currently do NOT eat breakfast, jump-start your metabolism with: grab and go bars (LUNA protein, KIND®, Kashi, Clif®), Nutri Grain breakfast biscuits, Ensure (or other ready-to-drink meal replacement shakes), or a banana with a tablespoon of peanut butter.

If you already eat breakfast, think about these options to give your metabolism a boost: 2 eggs with Pico de Gallo sauce over 1 slice of whole wheat toast; a fruit, vegetable, and yogurt smoothie; Greek yogurt with a dash of granola and blueberries; oatmeal with blueberries and almonds.

A great way to think about breakfast is to aim for 300 calories and include protein and fiber. Here are some great options that are quick and easy.

Protein	Fiber (It's good to include fruits and veggies)