



MINDFUL SCOOP

Meth-Wick Community

Sept. 2021

START YOUR DAY RIGHT

Why is Breakfast Important?

We have all heard the saying breakfast is the most important meal of the day. Eating a nutrient dense breakfast can improve concentration and cognition, prevent overeating, and stabilize blood sugars. Studies show that eating a balanced breakfast leads to an overall diet that is higher in vitamins and minerals. Skipping a morning meal, when blood sugars are typically low, can throw off the body's rhythm of fasting and eating. If your body does not get the fuel from food, you may feel fatigued and overeat later on in the day.



Eating a balanced breakfast that includes most food groups (fruits, vegetables, protein, grains, dairy) is ideal. Use **MyPlate** to guide you in creating a balanced meal that will give you sustained energy throughout the day.

Energizing Breakfast Ideas

- Yogurt, ½-1 cup of sliced fruit of your choice, and ¼ cup granola
- Plain Oatmeal with a sliced banana, ¼ cup unsalted walnuts, and cinnamon
- Whole Wheat English Muffin topped with an egg and one slice of cheese
- Avocado Toast with eggs and spinach
- Piece of Fruit and a small handful of nuts
- Vegetable and Cheese Quesadilla
- Hummus with whole wheat crackers or vegetables



*Southwestern Omelet
with Roasted Potatoes*



*Apple Pie
Yogurt Parfait*

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