

“WELLNESS ALABAMA”
Starting Your Day The Right Way
Helpful & Healthy Breakfast Ideas
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The purpose of having breakfast is to “break” your fast from a good night’s sleep. Now think about this for a minute. Breakfast helps give your metabolism the boost that it needs first thing in the day. It helps keep you from being too hungry throughout the day, and helps to manage your blood sugar levels. Sound good? Read on.

Your blood sugar reacts to the carbohydrates in your diet, which come from breads/grains, fruit, and dairy foods. You need a steady supply of glucose from these foods throughout the day in order to keep your blood sugar from dropping – which is called a Hypoglycemic Episode. When you add fiber-rich carbohydrate choices such as whole grains/whole wheat tortillas, crackers, small bagels, or pita bread with a protein source such as peanut butter, low fat cheeses, yogurt or lean meats, this combination slows the decline of your blood sugar after a meal.

Try these high quality breakfast suggestions to help you feel your best through the day!

1. Thomas Light Multigrain Muffin (100 calories, 8 grams fiber) with 1 slice of low-fat cheese or 1 Tbsp cream cheese. Add an orange or 1 cup of berries.
2. 6 oz low-fat yogurt with 2 Tbsp granola and a banana
3. Bob’s Red Mill Organic High Fiber Hot Cereal with Flaxseed (10 grams fiber) made with low-fat or skim milk topped with a handful of fresh berries
4. Fiber One Honey Nut Clusters (14 grams fiber) with low-fat or skim milk
5. One egg (cooked in a bowl in the microwave) placed on top of whole wheat bread with a slice of 2% cheese.
6. One-half of a turkey sandwich with an apple – who ever said breakfast had to rely strictly on breakfast foods ☺
7. Frozen banana, 2 Tbsp peanut butter, and 8 oz. low-fat milk in a blender. Drink it!
8. Go fruity – have a banana, apple, and kiwi for breakfast one day
9. Morningstar frozen veggie sausage (links or patties). These are heart healthy compared to usual breakfast sausages. Perfect on the side or on a whole wheat biscuit.
10. Look online for a whole wheat biscuit recipe that does not use shortening as an ingredient. Make a whole batch and freeze them individually. Pop in microwave for the morning rush. You can also freeze 1 egg cooked and do the same thing!

To prevent that low blood sugar feeling, aim to eat something every 2 – 2.5 hours that includes a little carbohydrate and protein or fiber.

1. 10 cherry tomatoes with 6 reduced-fat triscuits
2. Bunch of grapes with 1 oz of low-fat cheese
3. Yogurt (contains carbohydrate and protein in one!)
4. Banana with peanut butter (1 tsp)

5. $\frac{1}{4}$ cup almonds with 8 oz. low-fat milk or soymilk
6. $\frac{1}{2}$ cup cottage cheese with $\frac{1}{2}$ cup pineapple
7. Boiled egg with melba toast
8. Sliced cucumber ($\frac{1}{2}$) with $\frac{1}{2}$ whole wheat bagel and 1 Tbsp cream cheese

With summer going strong, we tend to think more about outdoor suppers than we do breakfasts. However, breakfast is still important! Planning ahead will help insure that older children home by themselves can make better choices, and harried Moms and Dads making meals before sending children on their way to camp are not as stressed. These ideas will help ease the way to starting your day off the right way.