



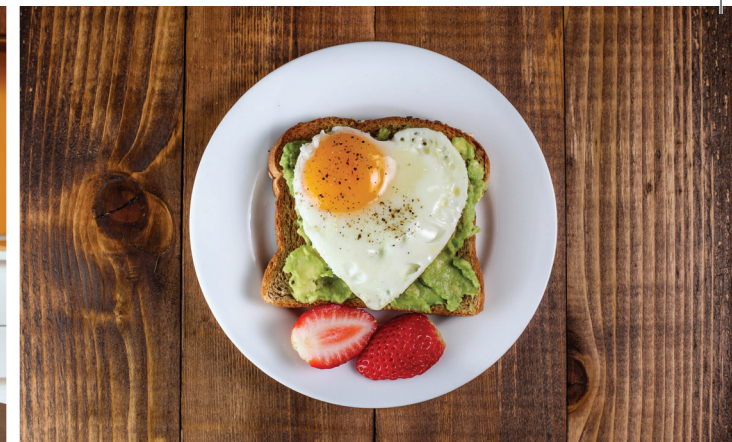
# *the power of* **BREAKFAST**



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## THE POWER OF BREAKFAST

We have all heard the saying that breakfast is the most important meal of the day, but it is also a meal that ~20% CAF report not consuming\*. Breakfast means 'break the fast'. It is a chance to refuel your body and kick-start your metabolism after several hours without food.

There are many reasons why you may be skipping breakfast. Here are some solutions to help add breakfast to your morning routine:

### MORNINGS TOO RUSHED?

- Have on-the-go breakfast items available. Buy foods such as fruit, nuts, yogurt, cheese or crackers.
- Get part of your breakfast ready the night before, such as cutting up fruit or boiling eggs.
- Make muffins on the weekend and freeze.
- Take a smoothie in a travel mug.
- Look for breakfast recipes you can make ahead. Try things like overnight oats, baked oatmeal or frittata.

### NOT HUNGRY FOR BREAKFAST?

- Give yourself time to wake up. Have your shower or get dressed first. You don't have to eat as soon as your feet hit the floor.

- Have something small if you don't feel like eating, such as an apple or a glass of milk. Once you get used to eating that, add in another food. Before long, you may look forward to eating breakfast.

### DON'T ENJOY BREAKFAST FOODS?

- Think outside the cereal box! Breakfast can be any healthy foods that you enjoy.
- Try making a sandwich or having leftovers from last night's supper.

### OR...ARE YOU A BREAKFAST LOVER?

Here are some ideas that follow the healthy plate to get you inspired:

- Whole grain bagel with mashed avocado, cheese and tomato slices
- Oatmeal with berries and milk
- Whole grain English muffin with peanut butter and banana
- Vegetable omelet with a whole grain muffin
- Greek yogurt with fruit and granola
- Smoothie (fruit, yogurt and milk) and cereal
- Homemade trail mix (mixture of dry cereals, dried fruit and nuts)

## REMEMBER...

- Breakfast gives you the energy you need to get through your day.
- Children who eat breakfast are able to concentrate and learn better at school.
- Adults who eat breakfast are able to think more clearly and focus on tasks.
- Eating breakfast may also help control overeating later in the day. Do you find yourself munching in the evening? Try eating a healthy, balanced breakfast. It may help curb those nighttime cravings.

## WANT MORE?

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Check out the Health Promotion Halifax website [www.cafconnection.ca/Halifax/hp](http://www.cafconnection.ca/Halifax/hp) for upcoming programs, challenges and information.

## HAVE QUESTIONS?

Send us an email  
[HFXhealthpromotions@forces.gc.ca](mailto:HFXhealthpromotions@forces.gc.ca)  
 or call us at (902) 722-4956

*\*according to our Health and Lifestyle Information Survey 2013/2014 year.*