



Make Breakfast Healthy

CHALLENGE

Start the day with healthy food

Requirements to complete this HEALTH CHALLENGE™

1. Read “Make Breakfast Healthy.”
2. Create a plan to eat healthy foods for breakfast.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When TV weather reporter Phil Connors gets stuck in a frustrating 24-hour time loop in the cult-classic movie *Groundhog Day*, he decides to eat everything for breakfast.

One morning, he walks into the Tip Top Cafe and orders everything on the menu.

A plate of pancakes. Bacon and eggs. Donuts. He stuffs an entire piece of cake in his mouth. He drinks pitchers of coffee. He even smokes a cigarette in between bites of breakfast.

Co-worker and news producer Rita Hanson (played by Andie MacDowell) calls him out on it: “Don’t you worry about cholesterol, lung cancer, love handles?”

Phil (played by Bill Murray) smugly replies: “I don’t worry about anything anymore.”

If your breakfast looks anything like this, it’s time for a change. Starting the day with healthy food can improve your health in a variety of ways. Take the month-long health challenge to Make Breakfast Healthy.

How to choose healthy breakfast cereal
<https://tinyurl.com/gh95k69>

The Breakfast Club Quiz

How much do you know about the benefits of eating a healthy breakfast? Take this quiz to find out.



- T F**
1. If you skip breakfast, you are more likely to crave junk food and sweets later in the day.
 2. Skipping breakfast is a good way to boost your metabolism and limit calories to lose weight.
 3. Eating any kind of oatmeal or cereal for breakfast is a healthy way to start the day. .
 4. Eating breakfast improves brain function, memory recall, and the ability to concentrate.
 5. Starting your day with a healthy breakfast lowers your risk for obesity, diabetes, heart disease, and high cholesterol.

How did you do? Skipping breakfast might save you calories. But if you don’t have a plan, you’re more likely to eat junk food later. Not all oatmeal and cereals are the same. Some are loaded with sugar and empty calories. Starting the day with a healthy breakfast can have a positive impact on your health.

Answers: 1. True 2. False 3. False 4. True 5. True

The Trouble with Skipping Breakfast

Never skip breakfast again. An estimated 25 percent of people in the U.S. skip breakfast regularly.¹ Many who bypass the morning meal do so because they’re running late. Some forgo breakfast because they think it will help control calories or support weight loss. But research shows skipping breakfast is associated with:²

- Higher risk for heart disease, diabetes, high cholesterol, and high blood pressure
- Eating snacks and drinks high in sugar and sodium later in the day
- Weight gain and obesity
- Lack of energy, or feeling of fatigue and tiredness
- Depression
- Increased levels of stress and irritability
- Trouble sleeping
- Lack of exercise



Who's on Your Guest List for Breakfast?

If it looks anything like Phil's breakfast in *Groundhog Day*, it's time for a change.

Donuts, fast food, soda, sugary coffee drinks, a heaping pile of pancakes with syrup...you can't eat these foods every day.

Why? It's kind of like inviting Diabetes, Heart Disease and Obesity to breakfast.

Fortunately, it doesn't have to be that way...

4 Reasons to Make Breakfast Healthy

Eating healthy foods and snacks throughout the day, including breakfast, is a good habit. Your diet should include fruits, vegetables, whole grains, nuts and seeds, and plenty of water. And some of those foods are perfect for breakfast. Hungry?

Check out these four reasons to eat a healthy breakfast:

1 Prevent weight gain

In the National Weight Control Registry, 78 percent of the 3,000 people who lost 30 pounds or more and kept it off for a year said they ate breakfast every day.³

Plus, people who skip breakfast are 55 percent more likely to be overweight or obese.

2 Control blood sugar levels

If you don't have diabetes, you probably know someone who does. About 34 million people have type 2 diabetes. About 96 million have prediabetes.

Left unchecked, it can lead to poor circulation, heart disease, stroke, obesity, blindness, amputations, and early death.

Research shows eating a healthy breakfast can help prevent or control diabetes and regulate blood sugar levels.⁴

3 Lower cholesterol

Want to avoid a heart attack caused by blocked arteries? Keep your cholesterol under control.

In a recent study, researchers found that eating whole-grain oats daily helped lower LDL (bad) cholesterol and total cholesterol.⁵

4 Improve brain function

Want to start the day out right? Need help staying alert and engaged during that morning meeting? Start with breakfast. Research shows eating a healthy breakfast can have a positive impact on mood, memory, creativity, decision-making, and attention.⁶

31 healthy breakfast recipes for busy people
<https://tinyurl.com/ndos5lc>

9 Healthy-Breakfast Ideas for Busy People



If you're among the millions who rush out the door without breakfast, or you're inclined to go for pastries and sweets to start your day, you need a better breakfast plan.

Put these 9 fast & healthy breakfast ideas on your menu:

- **The 3-Way:** A banana, a handful of pecans, and low-fat yogurt.
- **Whole-Grain Sweetness:** Whole-grain cereal sprinkled with berries and slivered almonds.
- **Yogi Surprise:** Low-fat yogurt mixed with fruit and whole-grain granola.
- **Egg + 2:** Egg whites or egg substitute served with fresh fruit and whole-grain toast.
- **Fruit-Blender Fun:** A fruit smoothie made with frozen berries, banana, and ice.
- **The Whole Spread:** Whole-grain toast topped with peanut butter, avocado, or low-fat cream cheese.
- **Smooth Move:** A strawberry, melon, and yogurt smoothie with flaxseed.
- **Healthy Double Trouble:** Fruit salad and a whole-grain muffin.
- **Oat That's Sweet:** Steel-cut oats with berries.
- **Wrap It Up:** Breakfast burrito (fill a whole-wheat tortilla with sautéed onions, peppers, mushrooms, yams, and tomatoes seasoned with garlic and thyme).

Think About Breakfast Before You Go

Eating a healthy breakfast isn't hard. But you do need to do a little work to make it happen.

- **Make a shopping list** of healthy breakfast foods that you like.
- **Go to the store** to stock up on everything you need.

When you wake up in the morning, put together a healthy breakfast and be on your way. It's that easy.

Wake up to the benefits of breakfast
<https://tinyurl.com/2p9dukry>

References

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Make Breakfast Healthy

CHALLENGE
Start the day with healthy food

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to eat healthy foods for breakfast.
3. Use the calendar to record your actions and choices to make breakfast healthy.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
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_____ Number of days this month I ate a healthy breakfast
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

 Name _____ Date _____