



A part of ISU Employee Wellness Program

<http://www.extension.iastate.edu/HealthyLifestyles/Campus>

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Healthy Eating Tips

By Robert Fetters

The act of eating breakfast in itself is a good and healthy habit to have. Unfortunately, some of the easily obtained and cheaper items can be unhealthy. But what's healthy? That's a tough question with all the new changing trends in the health and diet world. Here are a few time-tested tips on healthy breakfasts:

- Go with whole grains when possible.** The number of grains you decide to eat is up to you, but going for whole grains is never a poor decision. They might be higher in calories than 'white' bread products, but they contain A LOT more nutrients and will generally have a much fuller taste. Those will help keep you running throughout the day.
- Don't be afraid of fruits or vegetables.** A fair number of individuals aren't huge fans of fruits or vegetables for one reason or another, BUT there are so many things you can do with them and SO many choices. Find something that works for you. They're going to kick start you energy-wise and most of them are great when on-the-go. Beware of fruit juices, they're full of sugar and calories.
- Enjoy, but beware of milk-based products.** Yogurt is a great snack in the morning and most cereals are blasé without milk. Some things you may want to be aware of though: cheese can be quite fattening for you and people generally choose not to eat it in modest sums, skim milk may not taste as good as the other milks (BUT if it's in cereal does it really make a difference?), cream cheese is delicious and in SMALL portions it's okay, but beware.
- When it comes to meats go white.** White meats (turkey, chicken, most fish) are GREAT sources of protein and are FAR lower in calories than their redder brethren. Some good alternatives are: tuna in omelets, turkey-based products for ham and sausage. What's nice about the whiter meats is they're also lower in sodium and cholesterol.
- Beware of cheaper items.** Cheaper jellies/jams are almost always high in sugar and calories. Sugar is going to slow you down and make you feel sluggish. Some of the cheaper, bulk-purchase items can usually be microwaved. Microwaveables are always a bad decision; they're usually FULL of sodium, calories, and cholesterol. Sodium is going to dehydrate and raise your blood pressure while cholesterol clogs your arteries.

There you have it, those are some very simple tips for eating a healthy and productive breakfast. Carpe oriens, *seize the morning*.

Ten quick & easy tips to eating a healthy breakfast:

1. Go for whole grain items when possible.
2. Avoid sugary cereals (it's usually very colorful).
3. Yogurt is a great addition to any breakfast.
4. Avoid cheeses, particularly orange and cream cheeses.
5. Go for white meats (chicken and turkey) and fish.
6. Feel free to go wild with vegetables and fruit, they're good for you!
7. Avoid anything that can be microwaved.
8. If you're ever unsure, read the nutritional label.
9. Drink water, not just for breakfast, but throughout the day.
10. Beware of the juices you're drinking, most of them are LOADED with sugar.

Announcements:

Walking for Wellness Club
March 25 11.30 am-12
Beards hear-just inside front entrance, first floor

Wellness Workshop
"Healthy Days in Convenient Ways"
March 25th, 12pm, Curtis Rm 8

Blood Pressure and Postural Screening
April 8th, 10am-12
College of Design, Lobby
(next to Deans Office)





Facts about Eating a Balanced Breakfast

By Katelin Blasingame

As many people know breakfast is the most important meal of the day, however many do not know why it is so important. While it is important for everyone to get a healthy breakfast it is especially important for children and adolescents.

- Breakfast not only improves overall nutrition, but the ability to concentrate, and the ability to control weight.
- Eating breakfast can help lower cholesterol.
- Breakfast helps add strength and endurance to engage in physical activity.
- Look for whole grain because it implies less processing and less added sugars.
- Avoid breakfast bars because the main ingredients are usually sugar and refined flour.
- Instead of high fat sausage or bacon try Canadian bacon, it has far less fat than regular bacon
- There is ample evidence that eating breakfast every day is a big part of losing weight.
- Focus on three main food groups: whole grains for fiber, fruit for vitamin power, and protein for lasting energy.



As you can see, breakfast helps keep you energized during the day as well as controlling your hunger and urges to snack. All of these reasons point directly to why breakfast is the most important meal of the day. These points help explain why, and how to implement a healthy start to the day. (www.medicinenet.com, <http://yourtotalhealth.ivillage.com>)

Breakfast Benefits

By Christina Washington

The benefits from eating breakfast are endless!

- Eating breakfast lowers fat intake and can help to limit your snacking over the entire day. Snacking is where we get the majority of our open calories, the calories we don't pay attention to.
- Children who eat breakfast are about twice as likely to eat fruits and vegetables.
- Being overweight is in direct correlation with not eating breakfast. People who do eat breakfast are at 35-40% lower risk to develop obesity or metabolic syndrome.
- Children who eat breakfast have fewer behavior problems.
- Eating breakfast is more likely to put you in a better mood, which can lead to better performance throughout the day.
- It helps you to keep weight off long term!
- It helps you achieve quicker and more accurate retrieval of information.

So what does this all mean... Eating a healthy breakfast is nothing but beneficial to you and your performance throughout the day!

<http://www.breakfastfirst.org/nutrition.html>

<http://www.mrbreakfast.com/article.asp?articleid=7>

<http://www.dairycouncilofca.org/Educators/ClassroomPrograms/ProgramsBHMBreakfast.aspx>

For those of us who would rather sleep in till the last minute *instead* of making a healthy breakfast: Here are some healthy ideas for on the go!

By Dani Berry

For many people, breakfast is a cup of coffee on the run. Even though breakfast comes at one of the busiest times of the day, it is still one of the most important meals. Research shows that if you eat a balanced breakfast meal you will be less hungry throughout the day. It also tells us that you will be able to focus more on your work instead of day dreaming about the next meal you're going to eat. So if you're a typical college kid or a parent that has to get their kids off to school and then still make it to work by 8:00, here are a couple simple ideas for breakfast.

- * Idea 1 – Single serving cereal bowls that are whole grain are packed with minerals and vitamins
- * Idea 2 – Hard boil several eggs the night before to have them on hand for busy mornings.
- * Idea 3 – Single servings of cottage cheese (low fat and low sodium) and throw in some berries!
- * Idea 4 – Yogurt with nuts and berries will serve you with protein and fiber
- * Idea 5 - Whole-grain English muffins can serve as a base for a breakfast sandwich. Spread on peanut butter, a source of satisfying protein and heart-healthy fats

(www.cookinglight.com/eating-smart/smart-choices/12-smart-ideas-for-breakfast-on-go-0040000001601/)

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FUN BREAKFAST IDEAS FOR KIDS

By Alejandro Hughes



Breakfast doesn't have to just be a bowl of cereal as you're racing out the door anymore. Incorporating foods loaded with fiber and protein is not only a refreshing change of pace, they also provide lasting energy. In addition to feeling full longer, research shows children who eat breakfast perform better in school. Kids only need their age plus 5 grams of fiber per day. For example, an 8 year old needs approximately 13 grams of fiber. Here are some new foods to try with your kids.

- Traditionally "adult" cereals like Kashi and Raisin Bran contain up to 6 grams of fiber per serving.
- Fruit and yogurt is a simple and healthy way to appease that sweet tooth.
- Peanut butter is a delicious source of protein; try it on an English muffin in the morning.
- Get them involved! Have your children help prepare breakfast and get them interested in what they are eating.

(<http://health.usnews.com/articles/health/living-well-usn/2008/10/01/9-great-breakfast-ideas-for-kids-of-all-ages.html>)