



BYU WELLNESS

BETTER BREAKFAST

THE MOST IMPORTANT MEAL:

A good breakfast can help you maintain stamina and fend off hunger. While you sleep, your body breaks down stored energy to help your brain and heart keep working. When you awake, it's a good idea to replenish your body with healthy carbohydrates found in whole grains, fruits, and vegetables like steel cut oats with blueberries. These have fiber which helps slow down digestion, keep blood sugar from rising too quickly, and maintain a healthy digestive tract. Along with energy from carbs, your body could use protein like non-fat Greek yogurt, an egg, or a handful of almonds to help repair cells and keep you filling fuller, longer.

THE CHALLENGE:

For this challenge use the formula below to come up with 4-5 breakfast ideas you would enjoy eating and then incorporate those breakfasts into your daily meal plan. Write your ideas in the space below.



_____	=	_____	+	_____	+	_____
Name		fruits/ veggies		protein		whole grains
_____	=	_____	+	_____	+	_____
Name		fruits/ veggies		protein		whole grains
_____	=	_____	+	_____	+	_____
Name		fruits/ veggies		protein		whole grains
_____	=	_____	+	_____	+	_____
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_____	=	_____	+	_____	+	_____
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BREAKFAST IDEAS:



Cinnamon Oatmeal

1 cup cooked steel cut oatmeal
1 tablespoon peanut butter
½ a banana, cut up
sprinkles of cinnamon



Breakfast Burrito

1-2 eggs scrambled
½ cup spinach
1 small whole wheat tortilla
1 tablespoon shredded cheese
2 tablespoons salsa



Breakfast parfait

1 cup plain non-fat Greek Yogurt
¾ cup fresh berries
½ cup whole grain cereal