



Nutrition Facts

Put the “Fast” In Breakfast: How to Start Your Day the Healthy Way

The alarm clock sounds, you throw the covers off and start the mad dash to get out the door and head to work or drop the kids off at school, and in some cases both. As you are driving to your destination, it hits you, you forgot to eat breakfast.

Breakfast is the most important meal of the day, not only does it help you think more clearly in the morning, but it can help manage your hunger throughout the day, and studies have shown that eating breakfast can help you manage your weight.

What can we do to give this important meal the time it deserves?

- 1. Bring it with you.** Bring your breakfast with you in the morning, when you get to your destination you will have breakfast at your finger tips.
- 2. It doesn't have to be cereal.** Breakfast foods do not have to consist of eggs and cereal. Mix it up, you can even have dinner left-overs.
- 3. Plan ahead for breakfast.** Cut up and refrigerate your fruit the night before, or use your crock pot to make oatmeal for the whole family. Also, clean up the night before, having a clean start helps get things going a little faster in the morning.
- 4. Not hungry? Eat light!** Have a light snack before you head out, when you do Get hungry, have your breakfast at that time.
- 5. Short on time?** Use your microwave or toaster. The microwave makes breakfast cereal in as little as a minute or you can even toast a waffle to take on your morning commute.
- 6. Choose foods low in fat.** Eggs and bacon do not have to be your staple. Try nonfat yogurt, fruit and whole grain toast instead.
- 7. Eat vegetables!** Consider scrambling greens into your eggs such as spinach or try an egg white omelet with peppers and mushrooms.
- 8. Don't smother in syrup and butter.** Remember, that syrups and butters add extra calories that you don't necessarily need. Watch out for all the extra sauces and spreads that can be put on the side.



Ask the Dietitian
County of Los Angeles, Public Health
Nutrition Program

www.lapublichealth.org/nutrition

