

Breakfast is for Champions!

Eating a healthy breakfast makes a difference! Your body and brain need fuel after sleep. Research shows that when you eat breakfast, you are less likely to overeat later in the day, are likely to be more alert and productive and have a faster reaction time, have more energy for physical activity and less muscle fatigue.

Breakfast helps control weight. Skipping breakfast is not a good way to control weight. The National Weight Control Registry follows over 5,000 people who have lost at least 30 pounds and kept it off for a year or more. 78% of persons enrolled in the Registry report that they eat breakfast every day. Only 4% skip breakfast. Compare this to the national average of 25% of adults who do not eat breakfast.

What makes a healthy breakfast? A healthy breakfast has a lean source of protein and a source of fiber. This will help you feel full longer. Examples of lean protein include low-fat milk, yogurt, eggs, nuts, poultry, or cottage cheese. Fiber can be found in breads with 2 or more grams of fiber, cold cereals with 5 or more grams of fiber, oatmeal and fruit. Try these healthy breakfast combinations:

- Whole-grain cereal and low-fat or skim milk
- Banana or apple with peanut butter
- Smoothies made with yogurt or buttermilk and fruit
- Oatmeal with a sprinkling of nuts, or peanut butter stirred in
- Egg sandwich: Poached, scrambled or fried egg on whole wheat English muffin, bread or pita
- ½ cup of low-fat cottage cheese with fruit

Avoid sugary cereals and most cereal or breakfast bars. They are digested quickly and leave you feeling hungry within a couple of hours.

Don't like breakfast foods? Be creative! Try leftover salmon or tuna, or make a turkey or chicken sandwich. Try a Mexi-melt (from eatingwell.com): top 1 slice of whole wheat toast with 2 tablespoons of refried beans, 1 tablespoon of salsa and 1 tablespoon of grated cheese. Microwave till cheese melts.

Not hungry? Breakfast is important even if you don't feel hungry. Try eating less at dinner or skipping an evening snack. You may find breakfast more appealing. Or bring your breakfast to work with you if you aren't ready to eat when you first get up in the morning. You should give your body fuel within 2-3 hours after you get up.

Don't have time? Do some preparation the night before, or try a portable meal such as these:

- Hardboiled egg and a piece of fruit
- Peanut butter or reduced fat cream cheese on whole wheat toast or English muffin
- Trail mix
- Sandwich

For more information, see National Weight Control Registry: [www. http://www.nwcr.ws/](http://www.nwcr.ws/), www.webmd.com, www.weightloss.about.com.

Recipe of the Week : Tortellini & Zucchini Soup

6 servings – recipe adapted from *Eating Well* magazine

2 Tbsp. olive oil
2 large carrots, finely chopped
1 large onion, diced
2 Tbsp. minced garlic
1 tsp. chopped fresh rosemary (or ½ tsp dried)
2 14-ounce cans low sodium chicken or vegetable broth
1 cup water
2 medium zucchini (or summer squash), diced
9 ounces (about 2 cups) fresh or frozen tortellini
4 plum tomatoes, diced or 14 oz. can chopped tomatoes
2 Tbsp. red-wine vinegar

- Heat oil in a large pot over medium heat. Add carrots and onion; cover and cook, stirring occasionally, until onion is soft and starts to brown, 6 - 7 minutes. Stir in garlic and rosemary. Cook, stirring often, 1-2 minutes.
- Stir in broth, water and zucchini; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the zucchini starts to soften, about 3 minutes.
- Add tortellini and tomatoes. Simmer till tortellini are plump and tomatoes start to break down, 6-10 minutes. Stir vinegar into the hot soup just before serving.

Nutrition Information:

Calories: 204 g	Total fat: 8g
Saturated fat: 2g	Cholesterol: 10mg
Carbohydrate: 28g	Fiber: 4g
	Protein: 7g

Tip of the Week Watch the Clock! Your body clock, that is. Try to work out at the time you have the most energy. If you're a morning person, schedule your fitness activities early in the day; if you perk up as the day goes along, plan your activities in the afternoon or evening. Working out while you have the most energy will yield the best results. Remember that exercise within a few hours of bedtime can disrupt your sleep -- make adjustments to your schedule if you need to. – adapted from www.webmd.com