

# EAT A HEALTHY BREAKFAST



**YOUR CHALLENGE:** Eat a healthy breakfast. Report the completion of your goal at [www.dmba.com](http://www.dmba.com) with a simple “yes” or “no.”

## WHY EAT BREAKFAST?

Eating a healthy breakfast may increase your metabolism by as much as 10 percent. It also has beneficial effects on your appetite, insulin in your blood, and your energy metabolism.

Either because of time constraints or the desire to lose weight, about 20 percent of Americans regularly skip their morning meal. But to meet the demands of a busy day, your body and mind need the nutrients and energy a well-balanced breakfast provides.

Skipping breakfast may lead to:

- Increased risk of obesity
- Decreased ability to learn or stay focused
- Mid-morning fatigue



- Impaired ability to think and concentrate
- Increased stress and irritability
- Higher accident rate

While eating any kind of breakfast is better than nothing, eating a healthy breakfast is best.

Your meal doesn't have to consist of "breakfast foods." Any nutritious food will do. Aim for enough quantity to give you 25 percent to 35 percent of your daily calories.

Some great options include:

- A banana, a handful of pecans, and low-fat yogurt
- Whole-grain cereal with low-fat milk or milk alternative, sprinkled with berries and slivered almonds
- Peanut butter on a whole-grain toast topped with cooked peaches
- Strawberry/melon/yogurt smoothie and a bran muffin with raisins and walnuts
- An orange and two buckwheat pancakes topped with unsweetened applesauce
- A low-fat, whole-grain bagel spread with low-fat cream cheese and cantaloupe slices

- Fruit salad and a whole-grain blueberry muffin
- A slice of whole-grain toast topped with avocado
- Oatmeal with apple slices and low-fat milk
- Cottage cheese, pineapple slices, whole-grain crackers
- A breakfast burrito using a whole-wheat tortilla stuffed with sautéed onions, peppers, mushrooms, yams, tomatoes, and seasoned with garlic and thyme
- Low-calorie muesli with low-fat yogurt and apricots
- Tuna mixed with celery and low-fat mayonnaise served on toasted whole-grain bread

## WANT MORE INFORMATION?

- American Heart Association <https://www.heart.org/en/healthy-living>
- WebMD <https://www.webmd.com/living-healthy>
- CDC Healthy Living <https://www.cdc.gov/healthyliving/index.html>

*Note: If you can't complete this challenge because of a medical condition, let us know and we'll come up with an alternative for you.*



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