

## Health Promotion Series-Nutrition

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### Eat Breakfast

**Eat 2-3 Servings of meat, eggs, fish, poultry, beans, or nuts daily**

**Eat 2-3 Servings of dairy per day**

Hopefully you all have had some luck in avoiding weight gain which can be difficult when so many treats and high caloric foods are within reach. If you have accomplished this feat, please give yourself a deserved pat on the back and reward yourself (non calorically).



If you had a few days of unhealthy eating then stop, and just start eating better today. To optimize your eating plan be sure to eat a nutrient dense breakfast. Not eating breakfast has been associated with excess body weight, especially among children and adolescents. It may also help with weight loss and weight loss maintenance.

A breakfast may help you feel fuller throughout the day and lessen your snacking and keep you energized throughout the day. Something as simple as a bowl of oatmeal with some nuts thrown in can make all the difference in the world. Be careful not to eat high sugar, refined cereals, pastries or large juice portions.

Most Americans have no difficulty consuming the recommended servings of meat, fish, or eggs. Many would benefit from consuming a meat free meal of beans, dried peas, or nuts more often to obtain protein. The extra fiber in the meat free meals can contribute to gastrointestinal health.

Consuming 2 to 3 servings of dairy per day can help you to maintain healthy bones, teeth, and prevent osteoporosis. Milk, yogurt or cheese are excellent sources of calcium and also provide protein, riboflavin, vitamins A and D, potassium, and other nutrients. For the lactose intolerant, choose lactose free milk and hard cheese, or substitute calcium fortified soy milk or large portions of green leafy vegetables like bok choy and collard greens or baked beans. Check into creating healthy smoothies too!!



At the end of the day do take some time to evaluate your eating pattern. Log what you eat for 3 days to see what you ate, how much, and include how you felt before and after. If you are eating when tired, take a nap or try a form of exercise. If bored, find something useful instead of eating. If frustrated find someone to talk it out with. Be sure and plan your meals ahead of time.

<http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/breakfast-on-the-go>

<http://www.eatright.org/resource/health/lifestyle/culture-and-traditions/enjoy-an-ethnic-breakfast>

<http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/veggies-for-breakfast-yes>

<http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/dont-forget-the-dairy>

<http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/southern-food-its-not-all-fried-and-greasy>

<http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/make-it-mediterranean>

<http://www.walnuts.org/cooking-with-walnuts/sumptuous-salads/>