

Tips for a Healthy Lower-Fat Breakfast

- Choose whole grain or enriched cereal with skim or partly skimmed milk. Some granola cereals contain high amounts of fat but lower fat granola and muesli cereals are available. Check the labels for fat content and nutritional value.
- Make your own muffins! Look for recipes with no more than 50ml (1/4 cup) of fat (butter) per 12 muffins.
- Try yogurt containing 2% milk fat or less.
- Choose whole wheat bread, bagels or English muffins. They provide less fat and more fibre than doughnuts or Danishes.
- Add variety to your breakfast by selecting different fresh fruits, and canned or frozen vitamin enriched juices which have lots of fibre and are virtually fat-free!



CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

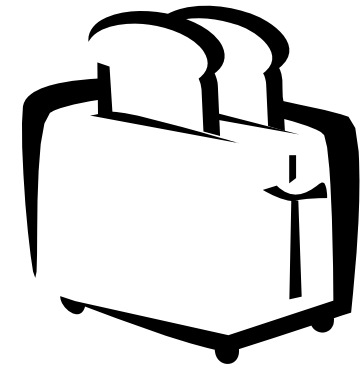
- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

Breakfast



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Why Eat Breakfast?

Your body needs breakfast in order to restore the blood sugar levels which fall during the night. If you skip breakfast, the low levels of glucose will likely make you tired, slow your reactions and reduce your work output.



Breakfast...Tasty, Nutritious, Convenient!

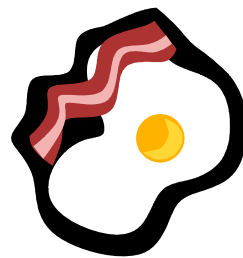
A wake-up meal that is quick and easy to prepare and nutritionally adequate is cereal. Ready-to-eat cereals, along with other convenience foods, like fruits, can help make breakfast the most enjoyable meal of the day.



To Form Good Breakfast Habits:

- Plan Breakfast menus ahead, keeping them simple and quick to fix. Include foods that can be prepared and refrigerated the night before or that are ready-to-eat or easy-to-heat in the morning.
- Allow enough time to prepare, eat and enjoy breakfast without hurrying.
- Eat breakfast at a set time or have convenience foods ready to go, such as granola bars, mixed nuts and fruit.

Break The Tradition



Our “traditional” breakfast foods - eggs, bacon, buttered toast, etc.- tend to be high in cholesterol and saturated fats which can increase risk of heart disease, stroke, and some cancers. These foods may actually make us feel more sluggish than alert since they are difficult to digest.

Break the tradition and eat high-energy foods instead!

What is a Good Breakfast?

A good breakfast is any combination of foods that supplies the vitamins, minerals, protein, carbohydrates and fats the body needs.

Breakfast, lunch, dinner and snacks should supply the nutrients essential for energy, growth, body repair and sustained good health.

Does Skipping Breakfast Help Control Calories?

NO! Eating an inadequate breakfast or skipping it will not reduce calories. Those who skip breakfast to “save calories” may intake more calories by overeating at the next meal or by eating high-calorie snacks. You must work off more calories than you eat in order to avoid gaining weight!



A good breakfast can be the foundation of a low calorie diet. Breakfast can prevent hunger until the next meal which discourages morning snacks and lunch-time extras if it is nutritionally adequate.