



The Breakfast Experiment:


You've heard it before: Breakfast is the most important meal of the day. People who skip breakfast are more likely to make unhealthy choice, become tired and irritable (due to drop in blood sugar), have more trouble concentrating and are generally less productive. We often tell our children to eat breakfast but forget about the importance of fueling our own bodies.


We've been conditioned (both by food marketing and by social pressures) that there is such a think as "breakfast food." Food is food. Eat what you like and what makes you feel good. But, when it comes to food, some people have lost touch with what they like or what makes them feel good. The breakfast experiment is a good way to reconnect to what your body needs for optimal performance. For 5 days, keep a record of what you ate for breakfast and record how you feel for the rest of the day.

Breakfast experiment ideas:

½ cup of oatmeal or oat bran; Fresh fruit smoothie; Muffin and coffee; Eggs and side; Fresh fruit and yogurt; Boxed cereal (with milk or almond milk); Dinner leftovers

<u>Food eaten</u>	<u>2-hours later</u>	<u>Energy level/hunger</u>
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→  Day 1: _____

→  Day 2: _____

→  Day 3: _____

→  Day 4: _____

→  Day 5: _____

Remember that age, activity the season, stress and other factors can impact how you are feeling and what your body needs so keep checking back in with yourself from time to time and make adjustments when necessary.

Most people could use a little more protein for breakfast. Protein helps you stay full longer and is a good source of long lasting energy. It's easy to add protein to almost any meal. Some protein ideas: hard-boiled egg, yogurt, turkey bacon, nuts & seeds, tofu or edamame, cheese, fish. Free yourself from the tyranny of breakfast food. Eat what you love and what loves you!