

# **September Is Better Breakfast Month**

*September 2004*

There are lots of good reasons to eat breakfast. "Breakfast not only starts your day off right, it also lays the foundation for lifelong health benefits," says Jennifer K. Nelson, director of clinical dietetics at Mayo Clinic, Rochester, Minnesota. Studies indicate that people who eat a good breakfast:

## **Go to the Head of the Class**

Breakfast eaters tend to have more strength and endurance, and better concentration and problem-solving abilities. On the flip side, those who skip breakfast often feel tired, irritable or restless in the morning according to the experts at the American Dietetic Association.

## **Weighty Issues**

A Harvard Medical School study shows that men and women who eat breakfast everyday are far less likely to become obese, compared to those who skip the first meal of the day. "Not eating breakfast is not a good option," says researcher Linda Van Horn, PhD, MPH, RN, of Northwestern University's Feinberg School of Medicine. "Unlike what most people may think, in trying to lose weight by cutting out foods, calories, and meals...people who have breakfast in the morning do better. At the end of the day, they wind up eating fewer calories, less saturated fat and cholesterol and have better overall nutritional status than people who skip that meal."

## **Getting to the Heart of the Matter**

Breakfast eaters had a higher intake of essential vitamins and minerals. Plus they generally had lower serum cholesterol levels, which are associated with reduced danger of heart disease.

## **Breakfast in a New York Minute**

Breakfast doesn't have to be an elaborate production—it can be quick and healthy. The best breakfasts are a mix of complex carbohydrates, protein and a little heart healthy fat. Here are a few ideas to get you started:

- Whole grain cereal (pick one with lots of fiber and not too much sugar), sliced banana and milk.
- Yogurt with fruit. Pick up a Fruit & Yogurt Cup at Caruthers, Fulton or Henson on your way to class.
- Peanut butter on whole grain bread.
- A smoothie with fruit and yogurt. Cool Beans has a variety of smoothies made with fruit and low-fat yogurt or soy milk.
- Hot oatmeal is great for a crisp fall morning. Add chopped nuts and dried fruit or spice it up with cinnamon and cloves.