

WHAT'S IN YOUR BREAKFAST?

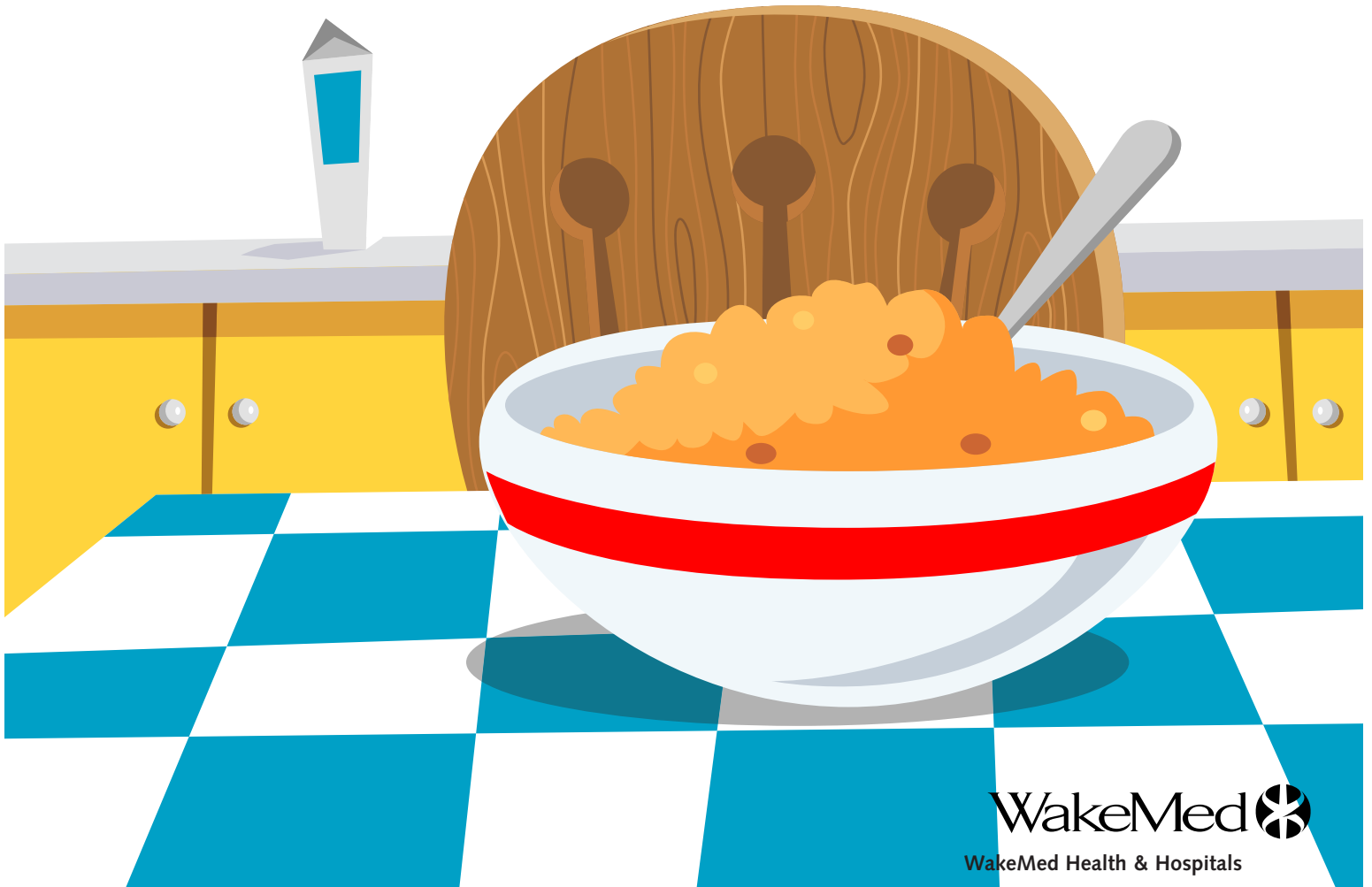
Start your day the healthy way! Here are some breakfast nutrition tips:

LOOK FOR

- > AT LEAST 2 grams of FIBER per serving
(Remember to drink your milk in the morning - in a cup or from your cereal bowl - that adds another 8 grams of protein per serving to start your day off right.)
- > AT LEAST 3 grams of PROTEIN per serving
- > items containing Whole grains, such as whole grain wheat, whole grain oats, and whole bran

WHY ARE FIBER, PROTEIN & WHOLE GRAINS IMPORTANT?

- > These nutrients help your stomach to feel more full so you can go through the morning feeling satisfied and energized
- > High carbohydrate breakfasts without fiber and protein will digest quickly and leave you feeling hungry and tired.
- > Don't get hung up on the sugar content of healthy food items. If the sugar comes from good sources like whole grains, dried fruit and low-fat milk – it is GOOD SUGAR.



LUNCH ON THE GO

Packing your own lunch is almost always the healthiest choice if you follow these guidelines:

- > Choose whole grain wheat bread. White wheat bread even has whole grains and fiber in it.
- > Light mayonnaise or none at all. Mustard is also a good choice.
- > Baked chips or pretzels instead of regular chips
- > Fresh fruits and vegetables are always a great choice
- > Mixed nuts and dried fruit are healthy options because the calories from the fat or sugar are from healthier foods.

If you have to eat out, remember these tips when choosing what to eat:

- > Always choose grilled instead of fried
- > If you are eating a sandwich choose wheat or whole grain bread or rolls instead of regular white bread.
- > Ask for all condiments on the side
- > Choose a cup of fruit or salad for your side
- > If you choose to have French fries, order the small instead of the super size.
- > Order low fat or fat free milk or water instead of regular soda. If you do choose soda, select diet soda or unsweetened tea.
- > Meats high in fat like red meat should be consumed in moderation. Choosing chicken or any other lean meat is always the healthier option.

