

# NUTRITION NEWS

a fresh perspective on health and wellness



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## IT BEGINS WITH BREAKFAST

Breakfast is known as one of the most important meals of the day and this still holds true, however, breakfast doesn't have to be what we typically think of for breakfast. Breakfast meals from around the world can inspire fun alternate healthy breakfast options. Nevertheless, it is important to emphasize why breakfast is important for growing and learning students everywhere.

Mornings can be rushed as you try to squeeze in that last minute of sleep before heading out the door. After an average eight hours of sleep your body is in need of energy to propel you through the morning. Whether you grab a banana to eat on the way or have time for a full meal it is important to eat something. Eating breakfast at school is a great opportunity to fuel your body and brain for the first part of your day and also socialize with friends before heading to class. The National School Breakfast Program requires schools offer students a breakfast of whole grains, fruit (which can include half the fruit as 100% fruit juice), and milk daily to fuel your brain and help you concentrate in class.

Studies have shown students perform better in the classroom when they eat a regular breakfast. It is known that you will do better on an exam if you do your homework and study, the same goes for eating breakfast daily and not just the day of a big exam. Eating a regular breakfast has also been shown to help maintain a healthy weight. It may help individuals select healthier food choices throughout the day and snack less on low nutrient dense foods.

Breakfast can be fun and taste great too! It is not necessary to always select the traditional oatmeal, yogurt, or eggs for breakfast and it doesn't have to be sweet like Americans are used to expecting from our breakfasts. In other countries breakfast can be very healthy too. A typical breakfast in Israel consists of a chopped veggie salad, cheese, or other traditional breakfast foods such as yogurt, hummus, pita bread, and avocados. A typical Chinese breakfast may consist of a dumpling filled with vegetable or meat and a side of soymilk tea. A meal from the south, specifically Venezuela, may consist of a from-scratch baked corn flour bread called Arepas (also gluten-free), side of beef, black beans, white cheese, avocados, and fresh fruit juice.



### Breakfast Banana Split

Serving Size: 8

#### INGREDIENTS

- 4 Petite Bananas
- 1/2 Cup Vanilla Yogurt
- 2 Cups Fresh Strawberries, sliced
- 8 oz Low-fat Granola

#### DIRECTIONS:

1. Wash and slice strawberries, set aside.
2. Scoop 1/2 cup vanilla yogurt on top of the banana slices
3. Top with about 2 oz of strawberry slices and 1 oz (about 5 Tbsp) of granola.
4. Place 1 quarter of a banana on both sides of the yogurt to make banana split.

NUTRITION INFORMATION for 1 serving: Calories 257; Total fat 3g; Saturated fat 1g; Carbohydrates 55g; Fiber 4g; Protein 7g; Sodium 117mg; Cholesterol 3mg

SOURCES: <http://www.todaysdietitian.com/newarchives/030612p20.shtml> <http://www.eatright.org/resource/food/nutrition/healthy-eating/5-reasons-your-teen-needs-breakfast>

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