



Breakfast and Health



PRAYER

Lord, help me to eat
in order to **Nourish**
my body today
and Not
to satisfy a craving.

Help me to run
into the shelter
of Your arms,
into **Your Word**
whenever I need comfort.

--Rachelle Marquez

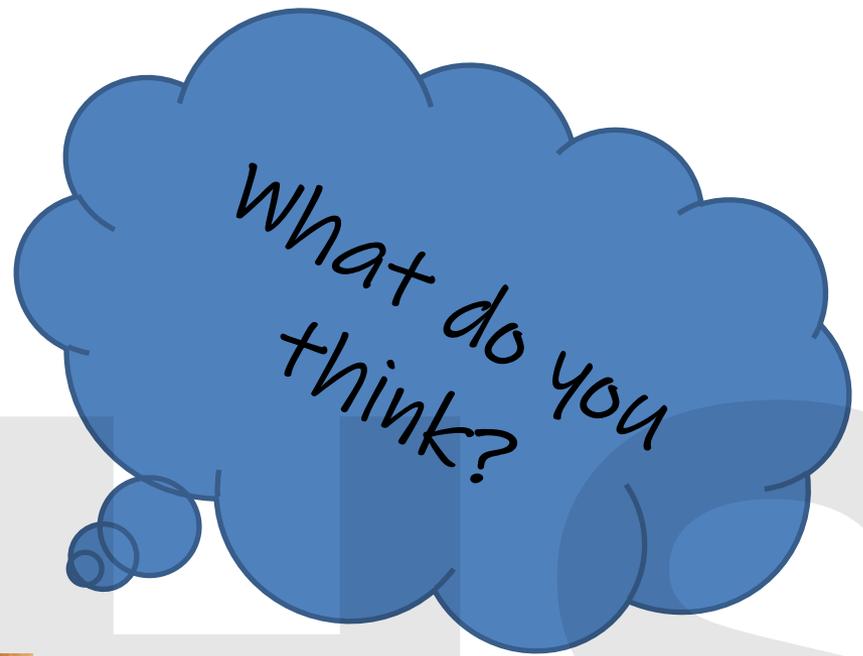
loving
hopeful
attentive
learned
curious
faith-filled
generous
eloquent
prophetic
wise
grateful
discernin
compassionate
active

truthful



JESUIT
FULL PROFILE

Breakfast is the
MOST important
Meal of the Day



We've all heard that healthier, fitter people don't skip breakfast. But does that mean breakfast makes us healthier and thinner – or is it something else?

Along with old classics like 'carrots give you night vision' and 'Santa doesn't bring toys to misbehaving children', one of the most well-worn phrases is that breakfast is the most important meal of the day. Many of us grow up believing that skipping breakfast is a dietary travesty but the clue for why breakfast is supposed to be important is in its name: we're advised to eat it to break our overnight fast.

"The body uses a lot of energy stores for growth and repair through the night," explains dietician Sarah Elder. "Eating a balanced breakfast helps to up our energy, as well as protein and calcium used throughout the night."

<https://youtu.be/vQ3XNg0a8U8>



Why is it that teenagers and young adults need breakfast?

Sometimes we don't feel like eating in the morning, but it's important that we do. Your growing bodies need the nutrients and fuel.

People who don't eat in the morning have a harder time focusing, and they become more tired in school. They may also be cranky or restless. And it isn't just their moods that can suffer - schoolwork can, too. One study showed that children who ate breakfast had higher test scores than those who didn't. Most children don't get all the vitamins and minerals they need from just lunch and dinner.

Children who skip breakfast are more likely to eat junk food during the day and be overweight. One study showed that teenagers who ate breakfast every day had a lower body mass index (BMI) -- a measure of body fat based on height and weight -- than teens who never ate the meal or who sometimes did.

If you don't want to eat first thing in the morning at home, pack something so that you can have on the way to school or between classes. Opt for fruit, nuts, or half a peanut butter and banana sandwich.

Nutrients

People who eat breakfast get more **vitamins**, **minerals**, **fibre**, and **food group foods** from what they eat.



Improved Health

Lifelong breakfast eaters have:

- Lower "bad" LDL and total cholesterol;
 - Lower risk of diabetes;
 - Improved bone health;
- Increased physical energy.



Cognitive and Academic Performance

Positive link between eating breakfast and:

- Improving memory;
- Improved test grades;
- School attendance;
- Psychosocial function;
- Mood.



Healthy Body Weight

Breakfast eaters:

- More successful at losing weight and maintaining weight loss;
- Tend to overeat less during the day - avoid fatty and sugary foods more often.



Roadblocks to Eating Breakfast

- Time
- Not hungry
- Not convenient
- Forgot
- Not sure what to eat



Motivators that Work

Eating breakfast can help:

- Increase physical energy;
- Increase mental focus;
- Maintain a healthy body weight;
- Maintain good health.
- Improve mood



Strategies to Make it Easier to Enjoy a Healthful Breakfast

- ❑ QUICK, nutritious and tasty options;
- ❑ Tasty, untraditional ideas;
- ❑ “On-the-go” options;



You can do it!

Not eating breakfast is just a bad habit that needs breaking! Start simple, try a small meal, then gradually experiment with a variety of foods that appeal to you. It is important that the meal contains complex carbohydrates, protein, and a little fat so that it keeps you satisfied until lunch.

You don't need to eat a big meal for breakfast, but it's a good idea to have something small within an hour of waking up.

Resist that pastry or doughnut, though. Your best bet is a mix of foods that have carbohydrates, protein, healthy fats, and fibre. Carbs will give you energy right away, and the protein will give it to you later on. Fibre keeps you feeling full.

Try a whole-grain cereal, low-fat milk and fruit, or a breakfast smoothie made from low-fat yogurt, fruit, and a teaspoon of bran. Nuts or whole-grain granola bars are also easy options.

To keep your eyes from going half-mast by 10 a.m., choose whole foods and skip processed foods that have extra sugar. Eating a variety of nutritious foods can help you feel fuller longer and carry you through to lunch.

Try these fuel-and-go favourites to start your day.

- **Peanut butter and grain:** The healthy fat and protein in peanut butter pair well with a slice of high-fibre toast, a waffle or English muffin. (If you have a peanut allergy, avocado is another tasty topping for toast.)



- **Oatmeal:** Combine it with berries and walnuts or flaxseed. Oats only take 3 minutes in a microwave, so it doesn't have to be time-consuming. If you're a plan-ahead sort of person, give overnight oats a try. This pre-made breakfast features oats soaked overnight in water, milk or yogurt.



- **Breakfast shake:** If eating breakfast still isn't your thing, there's no law against drinking it. So maybe try the a shake for an ultra-nutritious morning meal.



Breakfast is the MOST important Meal of the Day



Reflection: Using the information from today, as a form discuss whether you support or refute this claim. Has your opinion changed?

REMEMBER: Practice the virtues of being eloquent and truthful in your discussions.

Breakfast Goal

What will YOU do to encourage others to eat a healthy breakfast at home or in school?

Ask your form tutor or form reps to pass on your suggestions to Mrs Burke

