

Breakfast for the Loss



Don't Skip Breakfast

Researchers have found that consistently eating breakfast helped people lose weight. In fact people who do not eat breakfast usually have a higher BMI.



Avoid Mindless Snacking

Researchers found that when people ate 2 or 3 good meals per day they were able to lose and maintain a healthy body weight even as they aged. Don't let yourself go hungry but do not engage in mindless snacking during the day.



Grab and Go

- Grab n go- light string cheese, whole grain crackers and fruit (apples, grapes, banana)
- Trail mix of dried cereal, nuts or seeds and dried fruit
- Hard-boiled egg, whole grain crackers and fruit



Fast and Easy

- Overnight oats: Mix $\frac{1}{2}$ cup steel cut oats, $\frac{1}{2}$ cup Greek yogurt & $\frac{1}{2}$ cup frozen fruit.
- Peanut butter and banana sandwich on whole wheat bread

Daily Breakfast = Healthful Weight