Quick and Healthy Breakfast Ideas:

• Whole-grain cereal (with < 6gm sugar and 1 gm fat) with strawberries and skim milk
• Oatmeal (no sugar,) orange and skim milk
• Pancakes topped with fruit, 1 oz. Canadian bacon, and skim milk
• Small wheat Bagel with peanut butter, banana and skim milk
• Low-fat, low sugar Granola bar, fresh apple and low-fat/no sugar added yogurt
• Whole wheat toast with poached egg and salsa
• Scrambled egg whites, with vegetables and salsa
• Breakfast parfait, layer low-fat or non-fat plain yogurt with fruit and cereal

The Importance of Breakfast

Why Eat Breakfast?

Students who eat breakfast perform better in school, pay more attention to lectures, are more creative, think better, and score higher on exams.

• Lowers risk of indulging in high calorie foods later in the day.
• Helps decrease fat intake throughout the day.
• Kick starts the metabolism to burn fat more effectively
• Facilitates in achieving and maintaining appropriate body weight
• Aids in choosing more appropriate snacks between meals
• Provides brain with needed energy source, glucose.
• Improves psychosocial behaviors.
• Gives needed energy for the day.
• Affords better concentration, less boredom, less anxiousness

Facts and Myths about Breakfast

• Myth: It is O.K. to skip breakfast because it is not an important meal.
  Fact: Breakfast is equally as important as lunch and dinner. The daily calorie intake should be evenly divided between morning, noon, and evening, including healthy snacks if needed.
• Myth: Eating breakfast will make you tired during the day.
  Fact: Breakfast provides energy needed to start the day off right.
• Myth: Students who eat breakfast tend to be overweight.
  Fact: Students who eat breakfast are less likely to be overweight.
• Myth: A healthy breakfast consists of high protein, low carbohydrate foods such as eggs, sausage and bacon.
  Fact: A healthy breakfast consists of low-fat or non-fat milk, fruits, whole-grain breads or cereals, eggs, or lean meat or chicken.

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