



# Health *capsule*



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## Start Your Day Off Right!

Skipping breakfast won't help you lose weight - it might just do the opposite. Here are some tips to help you better start your day.

It may seem like a contradiction, but research shows that people who eat breakfast tend to be thinner than people who skip the first meal of the day. It could be because they're less tempted to eat a pastry or another fatty sweet food later in the morning. They're probably also more reasonable on portion sizes at lunchtime!

### **Breakfast means breaking the fast**

People who skip breakfast have a harder time concentrating and memorizing information. This is true both at work and school. And it is not surprising: after a night with no food, our blood sugar is at its lowest level and blood sugar is what fuels your brain and muscles.

It isn't enough just to eat. It is important to eat a balanced breakfast that includes at least three of the four food groups. To keep us from running out of steam before lunchtime, breakfast must also contain enough protein. Good sources include milk, cheese, yogurt, eggs, nuts, peanut butter.

### **Not hungry? No time to eat?**











Bring along something nutritious and eat it on the way to work or at work later on. Always keep the following on hand: cereal, nuts, dried and fresh fruit, nutritious cereal bars, 100% pure fruit juice, milk, individual portions of cheese and yogurt, whole-grain rusk, fruit cups, etc. This makes it easy to throw together a balanced breakfast on the go.

### **You're on the go but want to have a family breakfast at home?**

To save time, set the table the night before and get the non-perishable foods ready. You can also plan ahead: cook hard-boiled eggs, cut up fruit and cheese, get the French toast batter ready, etc. Avoid the "I don't know what to eat" excuse by posting a list of possible breakfast combinations on the fridge. This will get you started on mornings when you are in a big rush!



### 10 quick breakfasts

-  Bowl of cereal with milk and a sliced banana.
-  Cheese sandwich and 100% pure fruit juice.
-  Toast with peanut butter and a glass of milk.
-  Yogurt with cereal and diced fruit.
-  Scrambled egg sandwich and a glass of milk.
-  Fruit smoothie with a homemade muffin.
-  Toasted bagel with cheddar and 100% pure fruit juice.
-  A pear with yogurt and a few nuts.
-  Whole wheat waffles with cottage cheese and diced fruit.
-  Oatmeal with milk and dried fruit, and 100% pure fruit juice.

(Source: [www.dairygoodness.ca](http://www.dairygoodness.ca))

## Salt

There's a place for salt in a healthy eating plan, but most of us consume two or even three times the recommended amount, often without even realizing it. We do, however, need small amounts of salt for healthy functioning, such as maintaining a proper fluid balance in the body.

About one-third of people are sensitive to the sodium component of salt. This means that eating foods with too much salt can increase the amount of blood in the arteries, raising blood pressure and increasing the risk of heart disease and stroke. If you can lower your intake little by little each day, you can reduce blood pressure.

About 80% of the salt we consume comes from processed foods, including fast foods, prepared meals, processed meats such as hot dogs and lunchmeats, canned soups, bottled dressings, packaged sauces, condiments such as ketchup and pickles, and salty snacks like potato chips.

To help reduce added, unnecessary salt:

- Cut down on prepared and processed foods.
- Look for products with claims such as low sodium, sodium reduced or no salt added.
- Eat more fresh vegetables and fruit.
- Reduce the amount of salt you add while cooking, baking or at the table.
- Experiment with other seasonings, such as garlic, lemon juice and fresh or dried herbs.
- When eating out, ask for nutrient information for the menu items and select meals lower in sodium.
- Look for the 'Health Check' symbol on foods.

(Source : [www.heartandstroke.ca](http://www.heartandstroke.ca))