



**BC DINING**  
FEED YOUR MIND.

# Nutrition Tip

OCTOBER 2019

Please share this with staff, and let us know if there is something specific you want to learn about in an upcoming tip.

Best, Kate Sweeney, MS, RDN, LDN

## Breakfast is...

By: Ali Hulse

Breakfast is the most important meal of the day!" Most of us embraced this classic expression growing up, but breakfast has received a bad rap in recent years.

Popular diet culture is promoting newer studies that link skipping breakfast to a variety of health benefits. Proponents of losing the morning meal, like intermittent fasters, claim it leads to weight loss and improved metabolic health, among other positive effects.

### So Who Is Right?

You are! There is no perfect time to eat. You should eat according to your own hunger signals and without rules! While some days you might prefer to kickstart the morning with a hearty meal, others you may not feel an appetite until later in the day. But if you do wake up hungry, there are a number of important benefits to breaking the overnight fast.

### Benefits of Breakfast

A nutritious breakfast is associated with improved concentration, memory, and overall brain function. It has been shown to help weight maintenance and increase energy levels. There is also widespread support for the role of breakfast in chronic disease prevention, including type II diabetes.

### What Is A Balanced Breakfast?

An adequate breakfast incorporates multiple food groups. Build a balanced plate that includes sources of carbohydrate, protein, and dietary fat, along with a fruit or a vegetable.

Here are some ideas:

- A vegetable omelet with a slice of toast
- Oatmeal made with milk topped with fruit and nut butter
- Greek yogurt mixed with fruit and granola
- A bagel topped with cream cheese and salmon
- Tofu scramble over rice with a side of fruit

