

Break the Fast! (Breakfast)

Purpose

To learn about planning and eating a healthy breakfast at home and on the go

Intended Audience

All employees

Suggested Activities

- Use the *Break the Fast* PowerPoint presentation for an education session with employees (See the attached CD).
- Place table tents on tables in kitchens, break rooms, worksite cafeterias, boardrooms, photocopier rooms, and other key areas.
- Hand out and/or post fact sheets by elevators, on bulletin boards, in stairwells, and in other key areas.
- Host a “Healthy Breakfast Week.” Offer nutritious breakfast foods (e.g., fresh fruit, whole grain bagels with peanut butter, and lower-fat milk) to employees, and/or in co-operation with food service management in cafeterias, canteens, and other food establishments, promote breakfast foods and breakfast eating.
- Arrange educational sessions on the topic to be led by a dietitian (an appropriate variation may be to arrange a “breakfast and learn”).
- Provide information about breakfast on the intranet and/or in newsletters.

Materials

- Diversity Checklist
- PowerPoint presentation: *Break the Fast: The Importance of Eating Breakfast* (See the attached CD.)
- Table tents
(See the attached CD and inserts at the back of this binder.)
- Fact sheet: *Breakfast ... Break the Fast!* (Dietitians of Canada)
(See p. 91)
- Fact sheet: *Breakfast on the Run* (Dietitians of Canada) (See p. 93)
- How to Access a Dietitian in Nova Scotia
(See Additional Resources, p. 244)
- Intranet/newsletter messages
(See Communication Materials, p. 205)
- *Healthy Eating in the Workplace Action Plan Worksheet*
(See Additional Resources, p. 221)
- *Healthy Eating in the Workplace Participant Evaluation Form*
(See Additional Resources, p. 225)

BREAKFAST...

Break the Fast!

Feeling grumpy, tired, or irritable in the morning? You may be feeling this way because you didn't eat breakfast. By the time you wake up in the morning, your body may have gone without food for 8 hours or more. It makes sense to refuel your body so you can start your day off on the right foot!



BREAKFAST EATERS:

- have more energy to focus on work and school
- have higher nutrient intakes than breakfast skippers
- are role models for their children

Remember, you don't have to eat typical "breakfast foods". You could have macaroni and cheese with apple juice, or vegetable & beef stew with crackers... anything you like. Just make sure your choices count; choose foods from the four food groups!

BREAKFAST IDEAS FOR HOME OR ON THE GO!

- hot cereal made with lower fat milk, sprinkled with berries on top.
- english muffin topped with lean ham and cheese. Served with 100%, unsweetened fruit juice.
- cottage cheese served with cantaloupe and a lower fat muffin.
- peanut butter and banana sandwich with a glass of milk.
- yogurt mixed with berries and bran cereal.
- hummus on pita bread with applesauce on the side.

NO TIME?

- Set the table before you go to bed.
- Wash, chop, slice your ingredients the night before.
- Set your alarm clock a few minutes earlier.
- Store dried and canned fruit, dry cereal, juice boxes, melba toast and peanut butter in your desk drawer for those rushed days.

TIP

If you're not hungry after you wake up have a small snack or a glass of juice. Pack a breakfast for later when you are hungry.

BALANCE IS THE KEY TO A HEALTHY BREAKFAST!

Choose one food from at least 3 of the 4 food groups from Canada's Food Guide to Healthy Eating. Mix and match from these food groups to plan a healthy breakfast!

GRAIN PRODUCTS

- bread, bagels, rolls, buns (e.g. whole wheat, rye, cracked wheat, oat bran)
- whole wheat english muffins, pita bread, waffles, pancakes
- low-fat muffins
- cold or hot cereal
- leftover pizza
- bread sticks, melba toast

VEGETABLES & FRUIT

- fresh or frozen fruit
- vegetable sticks
- fruit packed in fruit juice
- applesauce
- dried fruit
- 100%, unsweetened juice

MILK PRODUCTS

- milk (skim, 1%, 2%)
- yogourt (less than 2% M.F)
- cottage cheese (less than 2% M.F)
- hard cheese (less than 20% M.F)
- fortified soy beverage (as an alternative to milk)

MEAT & ALTERNATIVES

- eggs - poached, baked, boiled
- lean ham
- beans in tomato sauce
- peanut butter or other nut buffers
- hummus



OTHER FOODS

“Other foods” such as jam, jellies, honey, margarine, butter, brown sugar and cream cheese add taste and enjoyment to mealtime but give us little nutrients. Use these foods in moderation.



Produced and distributed by Healthy Lifestyles Department, HASTINGS & PRINCE EDWARD COUNTIES HEALTH UNIT. For more information call the Healthy Lifeline at 966-5513 ext. 610 or visit us online at www.hpechu.on.ca our ref: Mar. 2003 nfs. 90.4 breakfast - break the fast.cdr:jw

BREAKFAST ON THE RUN

With the new staggered bus system in Hastings and Prince Edward counties many families may find it especially difficult to sit down for breakfast in the mornings. No need to fret, with a little planning breakfast can easily fit.

WHY IS BREAKFAST SO IMPORTANT?

By the time the kids wake up in the morning they may have gone for more than eight hours without food. Their bodies need to be refueled to prepare them for their busy day ahead.

Children who eat breakfast perform better at school, have healthier weights and eat more essential nutrients than those who don't. Start their day off right with a breakfast including foods from Canada's Food Guide to Healthy Eating.

Not hungry first thing in the morning?

If the kids are not hungry when they wake up, encourage them to have a small snack and/or a glass of juice and send breakfast with them for later.



SAVE TIME FOR BREAKFAST AT HOME

Wash, chop and slice any ingredients you need the night before.

Set the table the night before, set out plates, bowls, utensils, juice glasses, fresh or canned fruit, cereal boxes, bread, spreads and toaster. This makes for a quick breakfast that the family can enjoy together or individually when they wake up.

Set your alarm clock to wake up a few minutes earlier in the morning.

TIP #1

Tip: Remember, breakfast does not have to include typical "breakfast foods". Try cheese and crackers with orange juice, or vegetable beef stew with a glass of milk. Just make sure your choices count; choose foods from the four food groups.

TIP #2

Tip: Be sure to involve your children in planning and packing breakfast. Children are much more likely to eat foods they had a hand in making.



BREAKFAST ON THE RUN

If there's no time for breakfast at home be sure to pack something on the run. If you know there will be no time in the morning for breakfast pack extra food with lunch the night before.

Stock your fridge and cupboards with easy to grab foods for those mornings that you can't fit breakfast in. Mix and match these easy to grab choices from Canada's Food Guide to Healthy Eating.

TIP #3

For a balanced breakfast aim to include foods from at least three of the four food groups of Canada's Food Guide to Healthy Eating.

GRAIN PRODUCTS

- bread, bagels, rolls, buns (e.g. whole wheat, rye, cracked wheat, oat bran)
- whole wheat english muffins, pita bread
- low-fat muffins
- small boxes of cereal, or pack your own in reusable containers
- leftover pizza
- whole wheat bread sticks, melba toast

VEGETABLES & FRUIT

- fresh fruit
- fruit cups packed in juice
- applesauce
- 100% fruit juice boxes

MILK PRODUCTS

- milk (skim, 1%, 2%) in small cartons or reusable containers
- individual yogourt or yogourt drink (less than 2% M.F)
- sliced hard cheese (less than 20% M.F)
- cheese strings

MEAT & ALTERNATIVES

- boiled eggs
 - lean meat slices or pieces
 - hummus
 - nuts such as cashews or almonds*
 - peanut butter or other nut butters*
- * if school permits

OTHER FOODS

"Other foods" such as jam, jellies, honey, margarine, butter, brown sugar and cream cheese add taste and enjoyment to mealtime but give us little nutrients. Use these foods in moderation.



Produced and distributed by Healthy Lifestyles Department, HASTINGS & PRINCE EDWARD COUNTIES HEALTH UNIT, July 04. For more information call the Healthy Lifeline at 966-5513 ext. 610 or visit us online at www.hpechu.on.ca our ref NFS 30.18 breakfast on the run.cdrjw