



## Rise and shine...it's time to eat breakfast!

*Even though your stomach may not be growling first thing in the morning, it is wise to eat breakfast within two hours of waking up.*

*Begin your day with a piece of fruit, such as an apple or banana. Then, pair that with a piece of whole wheat toast and low-fat peanut butter or a small bowl of high fiber cereal with fat-free milk.*

### *Here are some of the benefits of having a morning meal:*

- Breakfast helps control binge eating throughout the day.
- Breakfast eaters have more strength and endurance, sharper concentration and better problem-solving abilities.
- People who eat a morning meal consume more vitamins, minerals and other nutrients.
- Breakfast eaters consume less fat and cholesterol than non-breakfast eaters.
- People who eat breakfast have lower blood cholesterol, which can reduce the risk of heart disease.