

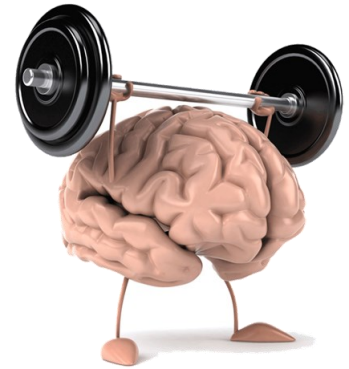
BREAKFAST

**WHY
ACT
NOW**

Don't Forget About Me

5 reasons to POWER UP with breakfast:

- * Gives you energy to kick start the day
- * Boosts your brain power = better concentration in class
- * Curbs hunger later on = less snacking on unhealthy food
- * Receive essential nutrients for a healthy and strong body
- * Maintain a healthy body weight



TRY THESE QUICK & EASY BREAKFASTS!

RUNNING LATE



+



PROTEIN PANCAKE



1 or 2 eggs + 1 banana
+ Spoonful whole wheat flour

Mash banana in bowl, mix in egg & flour. Pour into fry pan. Cook 3 min per side, medium heat.

SMOOTHIE



Yogurt + Frozen/fresh fruit + Milk

Prepare ahead of time.
Combinations are endless!

TIPS TO REMEMBER: Dairy, Dairy, Dairy • Include 3 of 4 food groups • Plan ahead • Try something new

ONE MINUTE JAR PARFAIT



Non-fat or low-fat
Greek yogurt
+
1 cup fresh berries
+
1/2 cup flake oats

Layer; oats, yogurt,
fruit, then drizzle
with honey.

OVERNIGHT OATS



Milk + Greek yogurt + Large flake oats
+ Chia seeds + Fruit of choice
Add into jar, mix, let sit overnight. Enjoy!

BREAKFAST BURRITO

2 eggs OR 4 egg whites
+
Turkey slices OR other
lean meat

(Optional: spinach,
onions or peppers)

Serve in 1 small corn
or whole grain tortilla.
Serve with salsa.



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