

BREAKFAST

**WHY
ACT
NOW**

Don't Forget About Me

Dr. Gita Sharma, Indigenous & Global Health Research Group
Faculty of Medicine & Dentistry, University of Alberta

WHY
ACT
NOW

BREAKFAST

Has anyone ever told you that “breakfast is the **most** important meal of the day”?

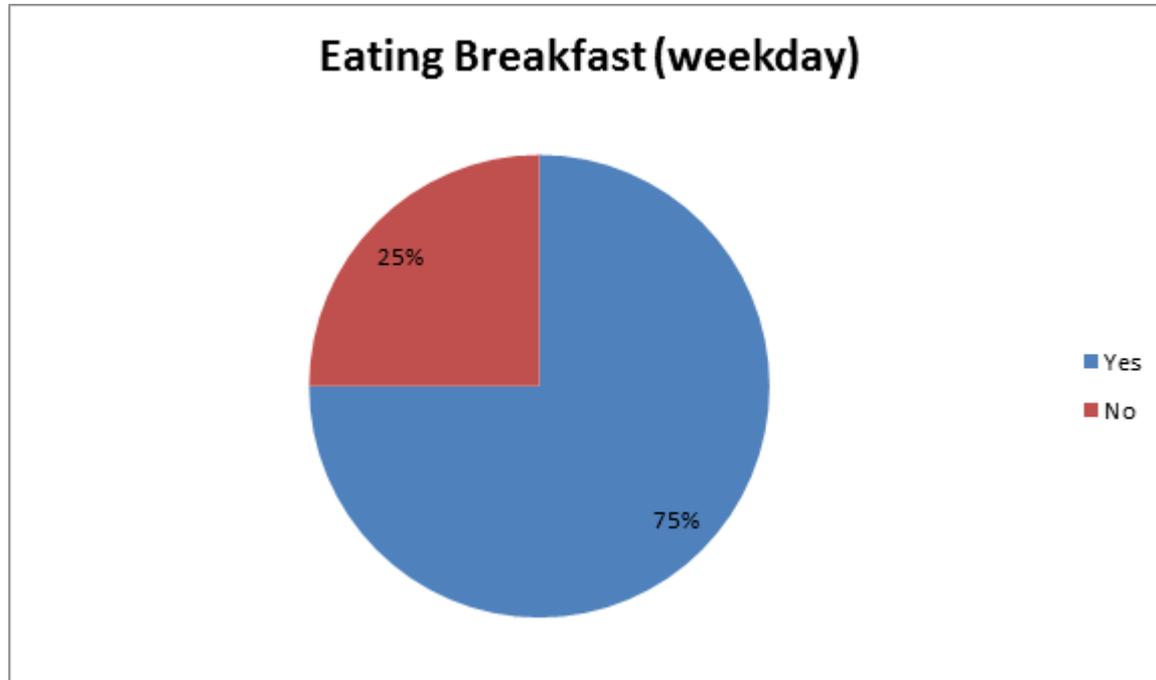


**WHY
ACT
NOW**

BREAKFAST

<https://www.youtube.com/watch?v=LWBAsl0M5iw>

WHY ACT NOW



**WHY
ACT
NOW**

BREAKFAST



If you've never given it much thought before...

maybe today we can
change your mind!

**WHY
ACT
NOW**

BREAKFAST

1. Gives you the start-up fuel to begin your day



BREAKFAST

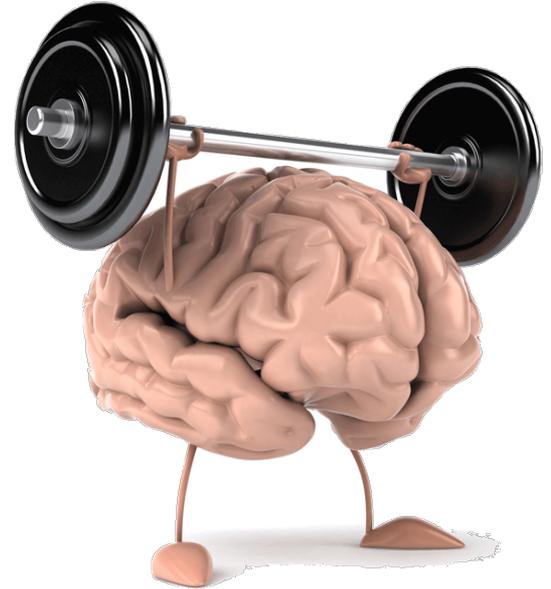
2. ...will help you feel satisfied during the morning and can prevent snacking on less nutritious foods or overeating later in the day.



**WHY
ACT
NOW**

BREAKFAST

3. ...boosts your brain power so you can stay alert in class and concentrate when studying.



**WHY
ACT
NOW**

BREAKFAST

4. ...can enhance the quality of your diet and help you get enough key nutrients like **iron, calcium, B vitamins** and **fibre**

KEEP YOUR WEIGHT IN CHECK!
The thyroid gland controls how quickly the body uses energy and makes proteins. Vitamin B9 has been shown to help regulate the thyroid, which is essential for maintaining a healthy weight.

EYE ON THE PRIZE!
Cataracts occur when the cells of the natural lens inside your eye begin to break down. Preliminary evidence suggests that vitamin B1 — as part of a B-vitamin complex — may lower risk of developing cataracts.

PROTECT THE HEART!
Homocysteine is an amino acid that, if not checked, can be a risk factor for heart and blood vessel disease. Vitamin B12 helps the body metabolize homocysteine.

BEAUTY STARTS WITHIN!
Great looks start from the inside. Vitamin B7 — also known as biotin — is recommended for strengthening hair and nails.

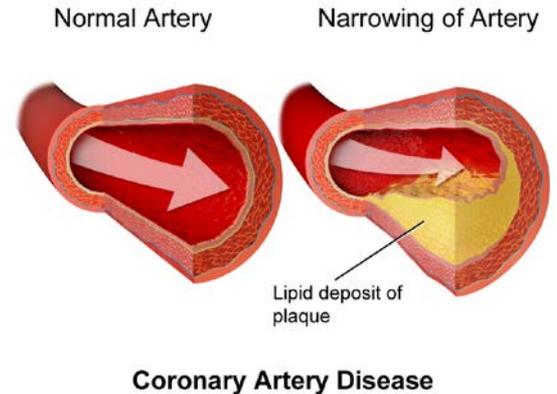
DE-STRESS!
Stress starts in your head — literally and figuratively. Vitamin B5 has been called the “anti-stress vitamin” because it detoxifies brain tissue to help relieve physical and emotional stress.

IMMUNE SYSTEM SUPPORTER!
White blood cells are your body’s defense team, so it’s important to keep them primed. Vitamin B6 assists in maintaining white blood cells so they can do their job.

WHAT [ELSE] DO B VITAMINS DO?
B VITAMINS ARE GREAT TO BOOST YOUR ENERGY, BUT THERE ARE OTHER BENEFITS THAT YOU MAY NOT KNOW ABOUT...

BREAKFAST

5. ...can help reduce the risk of chronic diseases such as heart disease, obesity and diabetes.



**WHY
ACT
NOW**

BREAKFAST

6. ...can help you achieve and maintain a healthy body weight.



**WHY
ACT
NOW**

BREAKFAST

Now that you know all the **GREAT** reasons to make time for breakfast, what should your breakfast look like?

**WHY
ACT
NOW**

BREAKFAST

THIS OR THAT?



**WHY
ACT
NOW**

BREAKFAST

Tips to Remember:

- CALCIUM-RICH
DAIRY DAIRY DAIRY!
- Plan your meal the night before



**WHY
ACT
NOW**

BREAKFAST

→ **BALANCE!** Pick from 3 out of 4 main food groups



**WHY
ACT
NOW**

BREAKFAST

Don't think you have time for breakfast?

Want something quick & easy?



**WHY
ACT
NOW**

BREAKFAST

Drink a glass of milk & grab a piece of fruit as you leave the house; it's better than **NOTHING!**



**WHY
ACT
NOW**

BREAKFAST

Or make a smoothie with:
yogurt, frozen/fresh fruit, milk
(you can even make it the night before)

Fast, easy, *nutritious* & delicious!



**WHY
ACT
NOW**

BREAKFAST

Want something other than just cereal & milk?



BREAKFAST

Protein Pancakes



1 or 2 eggs



1 banana



spoonful of whole
wheat flour

=

Mash together
with fork, fry in
pan for 7 min

Top with fruit &
yogurt!



Add cinnamon, vanilla, coconut flakes, peanut butter or cocoa for different flavours!

**WHY
ACT
NOW**

BREAKFAST

Overnight Oats



1.



2.



3.



**WHY
ACT
NOW**

BREAKFAST

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 for added
flavour!

One-Minute Jar Parfait



Non-fat or low-fat plain Greek yogurt
1 cup fresh berries
1/2 cup quick-cooking oats.

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

Enjoy immediately.

**WHY
ACT
NOW**

BREAKFAST

88% of Canadians **DON'T** eat a balanced breakfast in the morning....

DON'T BE ONE OF THEM!

**WHY
ACT
NOW**

BREAKFAST

Boost brain power & concentrate better at school

Reduce your risk of chronic disease

Enhance your diet, obtain key nutrients

Always keep it balanced (Include 3 out of the 4 food groups in your meal)

Kick it up a notch by trying new recipes

It's called BREAKFAST for a reason, keep it simple & easy

**WHY
ACT
NOW**

BREAKFAST

THANK YOU

*Sources: Alberta Health Services, Healthy Eating Resources
Healthy Alberta*