



The Most Important Meal of The Day

Does mom always tell you that breakfast is the most important meal of the day? Turns out she's right. Everyone should be eating breakfast, especially children.

Benefits of Breakfast:

1. Eating breakfast breaks the long overnight fast. If you don't eat breakfast, by the time lunch rolls around you are so starving that you overeat. Your body also becomes uncertain about the next time you will eat, so it holds on to those calories and may store them as fat.
2. Studies show that kids who eat breakfast perform better in classes and on the playground. They show better concentration, hand-eye coordination and ability to problem solve.
3. People who eat breakfast have an overall healthier diet. Breakfast is an easy time to get in that extra serving of fruit in your oatmeal or vegetables in your omelet. It is easy to grab a yogurt or fill your cereal up with milk that provides both calcium and vitamin D.

Just remember that the *type* of breakfast also matters. Instead of grabbing that sugary donut, try the healthy breakfast ideas below.

Power Your Morning with a Brain Boosting Breakfast

1. **Oatmeal:** Prepare plain oatmeal made with water or low fat milk. Top with sliced almonds and fresh fruit.
2. **Yogurt:** Mix ground flaxseed and berries into a low fat Greek yogurt.
3. **Waffles:** Buy whole grain or whole wheat waffles and top with natural peanut butter instead of a sugary syrup.
4. **Cereal:** Enjoy a high fiber, whole grain cereal with skim or low fat milk. Top with fresh fruit.
5. On the run? Grab a piece of fruit and a handful of nuts!

Be part of a Nutrition Counseling research study! Is your weight more than expected for your height and age? Are you between 9-17 years of age? Do you want to lose weight and learn how to eat healthier? Contact Vanessa Wissing at 718-920-7394 or vwissing@montefiore.org

Ask Endo-Nutrition

Send your questions to alkaplan@montefiore.org and look out for answers in next months issue!



Chia Seed Breakfast Pudding

Ingredients:

- 2 Tbsp. chia seeds
- 2/3 cup unsweetened hemp milk
- 1/2 tsp. vanilla
- 1 tsp. Grade B maple syrup

Directions:

Put everything in jar and mix. Cover and put in fridge for 30 minutes. Mix again. Cover and put back in fridge overnight.

In the morning, mix and add chopped almonds and pomegranates to taste.

Our Nutritionists

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