

START WITH BREAKFAST

Just like a car works better when it has fuel in its tank, your body works better when you give it enough morning fuel. Skipping breakfast leads to low energy, cravings for sugary foods, and often higher body fat. Breakfast is the most important meal of the day! FUEL UP!

Excuses For Not Eating Breakfast

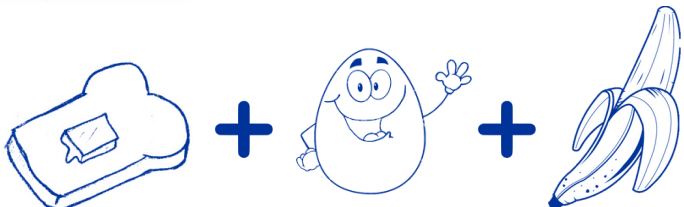
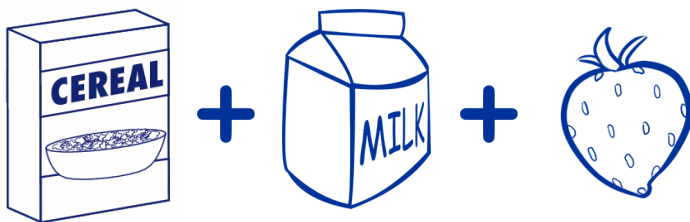
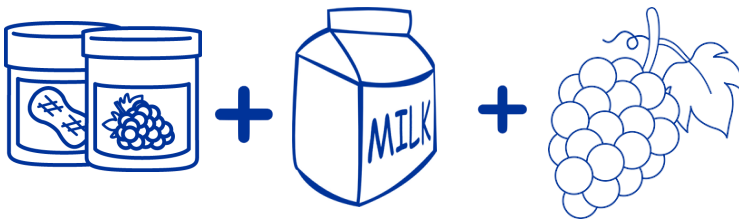
- 1. I don't have time for breakfast.**
 - Prepare the night before
 - Develop a game plan
- 2. I don't have an appetite in the morning.**
 - Probably ate too much the night before
 - Train your body to eat breakfast
- 3. I'm on a diet.**
 - Breakfast skippers have more body fat than breakfast eaters

Breakfast Benefits

- Provides nutrients to starving muscles
- Revs up your metabolism
- Increase fuel for quality workouts

Quick Fix Breakfast

- Yogurt with granola
- Large banana with a large glass of milk
- Raisins and peanuts



The Scoop on Cereal

- High Fiber: 3g or more of fiber per serving
- Wholesome: sugar not listed as the 1st three ingredient
- Low Fat: 3g or less of fat per serving

Questions? Contact me: Jeffrey Tamayo, RD, CSSD, LD : OKCPS Sports Nutritionist, Jtamayo@okcps.org

OKCPS Sports Nutrition