

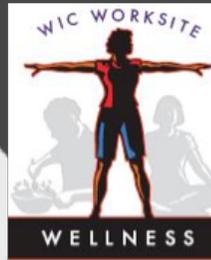


◇ THE MOST IMPORTANT MEAL OF THE YEAR.....1



◇ HEALTHY BREAKFAST TIPS.....2

◇ SEND US YOUR IDEAS AND QUESTIONS .....2



◦ Volume 10 | ◦ January 2011 | ◦ Breakfast

# WIC Worksite Wellness Newsletter

## The Most Important Meal of the Year

### Start the New Year with a Healthy Breakfast

**Breakfast is called the "most important meal of the day", but many people still don't eat breakfast regularly. Why is breakfast a key element of a healthful diet? Studies have shown that eating breakfast is linked with better diet quality, weight regulation, improved attention and reduced risk of chronic diseases.**

We all know that eating breakfast is crucial for growing kids. The primary reason for the School Breakfast Program is to ensure that all children have access to the nutrients they need for development and academic performance. Studies have shown that students who consume breakfast perform better on school tasks and have better memory and attention. It's not surprising that breakfast continues to play an important role in adulthood, a role that many people overlook.

Eating breakfast seems to lead to better appetite control and is associated with improved diet quality. Individuals who eat breakfast tend to eat fewer calories later in the day than those who do not. In general, regular breakfast consumers also maintain diets that are high in nutrients and low in calories,

cholesterol and fat, while the diets of non-breakfast eaters generally do not meet the recommended amounts of many nutrients.

To top it off, consuming breakfast is associated with lower body mass index (BMI), a reduced risk of weight gain and obesity. It may also be protective against chronic diseases, such as cardiovascular disease (CVD).

Of course just eating breakfast isn't the only factor in reaping these benefits; *what* you eat is just as important. For instance, studies have shown that people who eat fiber-rich foods early in the day report greater satiety and less hunger following their meal than those who consume breakfasts high in fat. Diets that include whole grains, fresh fruit, low-fat dairy and fiber have been found to be

associated with lower BMI and reduced risk of CVD.

The frequency with which people consume breakfast is another important factor. The more often one eats breakfast,



the stronger associations are with these benefits. Eating breakfast should be an everyday practice, not an occasional one.

Make a resolution to start every morning with a healthy breakfast.

**For more on this topic:**

Dubois L, Girard M, Kent MP, Framar A, Tatone-Tokuda. Breakfast skipping is associated with differences in meal patterns, macronutrient intakes and overweight in pre-school children. *Pub Health Nutrition*. 2007; 12(1):19-28.

Haines PS, Guilkey DK, Popkin BM. Trends in Breakfast Consumption in US Adults Between 1965 and 1991. *Journal of the American Dietetic Association*. 1996; 96(5): 464-470.

Pereira MA, Erickson E, KcKee P, Schrankler K, Raatz SK, Lytle LA, Pellegrini AD. Breakfast frequency and quality may affect glycemia and appetite in adults and children. *American Society for Nutrition*. 2010. Symposium—Eating patterns and energy balance: A look at eating frequency, snacking, and breakfast omission.

Song WO, Chun OK, Obayashi S, Cho S, Chung CE. Is consumption of breakfast associated with Body Mass Index in US adults? *Journal of the American Dietetic Association*. 2005; 105(9):1373-1382.

Timlin MT, Pereira MA. Breakfast frequency and quality in the etiology of adult obesity and chronic diseases. *Nutrition Reviews*. 2007; 65(6):268-281.

Wesnes KA, Pincok C, Richardson D, Helm G, Hails S. Breakfast reduces declines in attention and memory over the morning in schoolchildren. *Appetite*. 2003; 41(3):329-331.



## Healthy Breakfast Tips

- 1. Eat whole grains.** Whole grains are packed with fiber, keeping you feeling fuller longer, and have more nutrients than their refined counterparts. A whole grain cereal or a side of whole wheat toast are great breakfast choices. Oatmeal can be made ahead of time and portioned out over several days to cut prep time.
- 2. Add fruit.** Most Americans don't eat the recommended servings of fruit. Add a banana or berries to cereal for some natural sweetness or make a smoothie with a combination of your favorite fruits.
- 3. Switch to low- or non-fat dairy.** Full fat dairy is high in saturated fat. Try replacing it with lower fat versions for a healthier meal.
- 4. Read ingredient labels.** Ingredient labels will help you figure out if a product contains whole grains or if it has lots of added sugar or other additives. Ingredients are listed in order of their proportion in the product; "whole wheat" should be listed first in a whole wheat bread and sugar, if added, should be at the end.
- 5. Eat when you're hungry.** Not everyone is hungry when they first wake up. You don't have to eat as soon as you're out of bed, but try to eat something in the first hour or two of the day.

## SEND US YOUR IDEAS & QUESTIONS



We want to know what worksite wellness ideas are working for your agency. We also want to hear your questions and concerns about implementing worksite wellness. Share your agency's successes and/or questions by emailing us at:

[caseyrcorcoran@berkeley.edu](mailto:caseyrcorcoran@berkeley.edu)  
CWH office: 510-642-8210



Dr. Robert C. and Veronica Atkins  
Center for Weight & Health  
College of Natural Resources  
119 Morgan Hall, University of CA  
Berkeley, CA 94720-3104

Office: 510-642-8210  
Fax: 510-642-8206  
[cwh.berkeley.edu](http://cwh.berkeley.edu)



California WIC Association  
1490 Drew Avenue, Suite 175  
Davis, CA 95618

Office: 530-750-2280  
Fax: 530-758-7780  
[www.calwic.org](http://www.calwic.org)