

# wellness

## BREAKFAST

### Who Needs It?

What does it take to get you moving in the morning, besides a clock that's racing toward the tardy bell? If you have to choose between more sleep and eating breakfast, do you really have a choice?

That's when you lose, nutritionists say. Believe it or not, breakfast is what will kick you into high gear after your long sleep. And the best breakfast includes a variety of foods — bread or cereal, protein, fruit and milk or yogurt.

Everyone needs breakfast for the day's energy. You don't have to pig out or eat something that doesn't appeal to you. But do give your body a boost with foods that will get you going.

### Quick Takes

Breakfast on the go is often the order of the day. Some easy-to-grab foods as you head out the door:

- ✓ Fresh fruit
- ✓ Cereal/energy bar
- ✓ Cereal without milk for a crunchy snack
- ✓ Toast with peanut butter
- ✓ Hardboiled egg (cook a few once a week)

**REVIEW ONLY**

School Datebooks



### Two for the Price of One

Mornings are busy enough, but you can double up:

- Grab a family calendar and re-read notes for your day
- Eat and skim the sports page
- Let the score one with your parents by sitting down with the family in the morning

**DO NOT SUBMIT FOR PRINT**

"All happiness depends on a leisurely breakfast."

— John Gunther

"Eat breakfast like a king, lunch like a prince, and dinner like a pauper."

— Adelle Davis