

# BREAKFAST



## Break Your Breakfast Barriers!

**Barrier:** Some adults are afraid eating breakfast will make them gain weight.

**Break it:** Breakfast can help with weight loss!

**Barrier:** Some adults are not hungry in the morning.

**Break it:** Try to eat breakfast a few days until you get into a routine.



## Break Your Breakfast Barriers!

**Barrier:** The foods you like are not available.

**Break it:** Try new recipes with foods available in the area.

**Barrier:** There is not enough time in the morning to make something to eat.

**Break it:** Planning meals in advance can give you the time you need.

**Barrier:** Some adults have lactose intolerance.

**Break it:** Lactose free milk is available.



## Delight in Dairy Every Day!

### Start your day the right way!

Adults who eat breakfast:

- Have more energy
- May have fewer morning headaches
- May have faster memory recall
- May be less likely to be overweight



### Eating a Balanced Breakfast

Try to choose foods from at least 3 different food groups.

**Make dairy part of your breakfast!**



### Breakfast, Dairy, and Weight Loss

Eating breakfast in the morning helps kick start your metabolism, which helps you burn calories during the day.

Including dairy in your diet and eating less calories may help promote a healthy weight.



### Dairy at Breakfast: You can do more than drink it!

You don't have to drink a glass of milk to add dairy to your breakfast...

- Add low-fat milk to cereal or oatmeal.
- Top pancakes with yogurt and fruit.
- Sprinkle low-fat cheese on eggs or omelets.
- Melt low-fat Swiss cheese over lean ham on a bagel or toast.
- Yogurt, bagels, and apples are good, quick breakfast items.

