



Provided by Virginia Tech Dining Services



MyPlate for Breakfast:

- Breakfast, like all other meals, should mimic MyPlate.
- Try to incorporate foods from each of the 5 food groups.
- Pay attention to portion sizes as well to avoid over eating in one specific group.

The Power of Breakfast

Is breakfast really the most important meal of the day? It's important to eat all 3 meals each day but there are several good reasons to consume breakfast each morning. Many people skip breakfast in hopes of losing weight or due to lack of time, oversleeping, or just being in a rush to get to school or work on time. Eating a well balanced, filling breakfast in the morning makes you less likely to overeat for the remainder of the day.

Consuming breakfast has also been shown to improve brain function—making your workday/school day more productive. Have trouble staying focused in class or find yourself dozing off? Eating breakfast has been shown to increase attention span—making you more focused during those long lectures. It also may improve concentration and memory—both important when preparing for a big exam or working on a project.

Regardless of your excuse for skipping breakfast now is the time to start making a habit of it. Look at your current routine and figure out what you need to change in order to fit breakfast into your mornings—whether it's setting your alarm 10 minutes earlier or only hitting the snooze button once. Eating a well balanced breakfast daily is an important part of your day as well as your health and wellness!

Quick Breakfast Ideas

Try these quick & easy breakfast ideas!

Scramble eggs in the microwave—placing an egg or two in a small microwave safe bowl can give you scrambled eggs or an egg patty to put on a whole grain English muf-

fin in less than 1 minute!

Layer plain Greek yogurt with a low fat granola or cereal and fresh fruit.

Spread peanut butter on a whole wheat tortilla or whole wheat toast topped with fresh sliced banana.

Eat hard boiled eggs on the go or sliced in a whole wheat pita with some low fat shredded cheese.

