

NUTRITION News

SEPTEMBER 2014

BREAKFAST - JUST DO IT

"I'M NOT HUNGRY IN THE MORNING."

"MY STOMACH HURTS IN THE MORNING WHEN I EAT."

"I'M TRYING TO LOSE WEIGHT SO I SKIP BREAKFAST."

"I DON'T WAKE UP UNTIL NOON."

I'VE HEARD ALL OF THESE EXCUSES (AND MORE) FOR NOT EATING BREAKFAST. AND I SAY SKIPPING BREAKFAST ISN'T AN OPTION!

HERE'S WHY: EATING A HEALTHY BREAKFAST CAN HELP YOU CONCENTRATE BETTER AT SCHOOL (ESPECIALLY DURING THAT EARLY MORNING CLASS). IF YOU ARE WORKING OUT IN THE MORNING, BREAKFAST WILL GIVE YOU MORE STRENGTH AND ENDURANCE.

EATING BREAKFAST ALSO HELPS YOU LOSE WEIGHT AND KEEPS YOU FROM OVER EATING AT YOUR NEXT MEAL. NOW BEFORE YOU THINK THE CAMPUS DIETITIAN JUST GAVE YOU A GREEN LIGHT FOR DOUGHNUTS—NOTICE THE WORD HEALTHY. A HEALTHY BREAKFAST IDEALLY CONTAINS PROTEIN AND FIBER AND IS LOW IN SUGAR AND FAT!

IF YOU AREN'T HUNGRY IN THE MORNING THAT IS LIKELY BECAUSE YOU ATE TOO MUCH THE NIGHT BEFORE. STOP EATING 2-3 HOURS BEFORE BED SO YOU WAKE UP HUNGRIER.

IF YOUR STOMACH ISN'T READY FOR A BIG BREAKFAST IN THE MORNING, TRY EATING SOMETHING SMALL (A PIECE OF FRUIT OR A CONTAINER OF GREEK YOGURT). GIVE YOURSELF A COUPLE OF WEEKS FOR YOUR BODY ADJUST TO EATING IN THE MORNING. IF YOU FIND YOURSELF SHORT ON TIME IN THE MORNING, PICK SOMETHING TO EAT THAT YOU CAN TAKE WITH YOU ON YOUR WAY TO CLASS. YOU CAN GET THESE QUICK BITES AT THE DC: TRAIL MIX, HARD BOILED EGGS, GRANOLA BAR AND BANANA, PEANUT BUTTER SANDWICH AND MILK (COW, SOY OR ALMOND.) EATING SOMETHING SMALL IS BETTER THAN NOTHING AT ALL. SKIPPING BREAKFAST WILL NOT HELP YOU LOSE WEIGHT—IN FACT THE RESEARCH SHOWS THAT EATING BREAKFAST CAN INCREASE YOUR METABOLISM.

IF YOU PREFER TO EAT IN YOUR ROOM, STOCK UP ON LOW SUGAR OATMEAL PACKETS, GREEK YOGURT, LOW SUGAR/HIGH FIBER CEREAL AND FRUIT FOR A QUICK BREAKFAST THAT YOU CAN EAT BEFORE YOU HEAD TO CLASS.

THE DC HAS MANY HEALTHY BREAKFAST OPTIONS FOR YOU TO CHOOSE FROM:

- WHOLE GRAIN TOAST AND PEANUT BUTTER
- GREEK YOGURT OR COTTAGE CHEESE WITH FRUIT
- HOT CEREAL WITH FRUIT ON TOP
- BREAKFAST BURRITO BOWL WITH EGGS AND SPINACH
- EGG WHITE BREAKFAST SANDWICH
- SCRAMBLED OR HARD BOILED EGGS AND WHOLE WHEAT TOAST WITH FRUIT

QUESTIONS ABOUT NUTRITION? MAKE AN APPOINTMENT TO SEE THE DIETITIAN!

CALL THE STUDENT HEALTH CENTER TO

SCHEDULE AN APPOINTMENT: (209) 228-2273

HEROES CORNER



JOIN THE H.E.R.O.E.S. FOR A

"HEALTHY EATING IN THE DC TOUR"

ON SEPTEMBER 29 & 30 FROM 1-2PM

MEET IN FRONT OF THE DC'S MAIN ENTRANCE

THE H.E.R.O.E.S. WILL ALSO BE HOSTING

"MAKE YOUR PLATE" IN THE DC ON

SEPTEMBER 4, 10, 15, 22 & 30 FROM 9-10:30AM

FOLLOW US ON FACEBOOK TO LEARN ABOUT OTHER UPCOMING EVENTS:

[FACEBOOK.COM/UCMHEROES](https://www.facebook.com/UCMHeroes)

HARVEST OF THE MONTH - APPLES!

LOOK FOR THESE ITEMS FEATURING APPLES IN THE D.C.!

- TOP SALAD WITH APPLE CIDER VINEGAR FOR A TANGY TASTE!
- PUT DICED APPLES ON YOGURT OR SALAD
- 3 VARIETIES OF APPLES AVAILABLE IN GRAB AND GO CASE (FUJI, GRANNY SMITH AND PINK LADY)

CHECK OUT THE APPLE THEMED MEAL ON SEPTEMBER 11 IN THE D.C.!

- HONEY MUSTARD CHICKEN WITH CIDER GLAZED APPLES
- ROAST PORK LOIN WITH HOMEMADE APPLE SAUCE
- CHICKEN APPLE SAUSAGE WITH CARAMELIZED ONIONS

SIDES

- SWEET AND SOUR RED CABBAGE WITH APPLES
- SWEET POTATO, BUTTERNUT SQUASH AND APPLE CASSEROLE
- CAULIFLOWER RICE PILAF WITH CURRY, APPLES AND CRAISINS



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