



Begin your day with breakfast, and you're off to a great start!

Ask your Nutrition Educator to introduce you to one of our services below:



Tasty Topics: You've probably heard before that breakfast is the most important meal of the day. Starting your day with a healthy breakfast gives your body and brain energy and nutrients to get going in the morning and focus throughout the day. A healthy breakfast should include a balance of nutrients by choosing foods from at least three different food groups. If you don't have much time in the morning, try keeping foods on hand that you can grab on your way out the door, like cereal bars, whole pieces of fruit, yogurt, or low-fat cheese sticks.

Nutrition Nibble

When you're running short on time in the morning, do you ever find yourself stopping at a fast food restaurant or food vendor for breakfast? Many fast food breakfast choices are high in calories, fat, and sodium, and lack healthy nutrients that your body needs. Some restaurants are now offering healthier breakfast choices, and restaurants with more than 15 locations in Philadelphia are required to post nutrition information on the menu. Here are a few tips for making healthier breakfast choices when eating out:

- Order breakfast sandwiches on a whole grain English muffin or bagel instead of a croissant or biscuit
- Substitute high fat breakfast meats, like bacon and sausage, with ones lower in fat, such as ham or Canadian bacon
- Choose items that include fruit and low-fat dairy- try a fruit and yogurt parfait or a fruit smoothie for example
- Fill omelets with vegetables instead of meat and cheese
- Put low-fat or fat-free milk in coffee drinks and add your own sugar or sweetener
- Save money and calories by skipping the fast food and packing your own grab-n-go breakfast!

For more information on the nutritional content of fast food breakfast items, ask your nutrition educator for a Fast Food Nutrition Guide, or schedule a breakfast or healthy fast food lesson for your students.

Monthly Mentions

Nutrition Tip: Try spreading peanut butter on whole grain toast or a bagel instead of butter or cream cheese for a quick and healthy breakfast.

Fruit & Vegetable: For apple and pumpkin recipes, visit our website:

<http://www.drexel.edu/nutritioneducation>

Now in Season: Apples, Belgian endive, broccoli, Brussels sprouts, parsnips, pumpkins

October Health Observations: Health Literacy Month, Apple Month, Vegetarian Awareness Month, National School Lunch Week- Oct 11th-15th, World Food Day- Oct 16th

Nutrition Education in Action

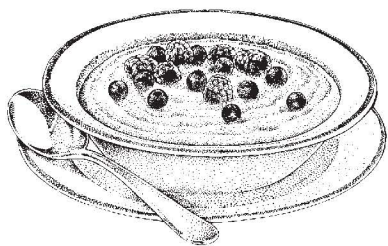
Students from Lincoln High School's HOSA organization sell fruit cups at their Fruit Market. Fruit Markets are a great way to promote fruit as a healthy snack while raising funds for special projects. Ask your nutrition educator for details on starting your own Fruit Market.



Questions or Comments?
Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW.
Nutrition Education Program
Drexel University

Wake Up Your Brain with Breakfast

Beside each letter, write down a food you would eat for breakfast. List as many foods as you can!



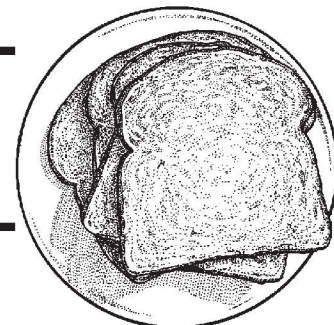
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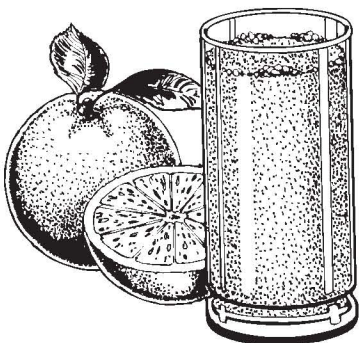
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*Running out of money
for food? Contact SNAP
(Supplemental Nutrition
Assistance Program)
at 215-430-0556.*

