

Healthy Measures: Break the Fast at Breakfast

Breakfast is one of the most important meals of the day. After a night of fasting, breakfast provides a kick start to your metabolism and gives energy and nutrients to your mind and body.

There are many reasons to eat breakfast:

- It improves memory, concentration, problem solving skills, and overall physical and mental performance
- It is an ideal meal to boost your fibre consumption; many breakfast items, such as cereals and breads, are high in fibre and made with whole grains
- It helps maintain a healthy body weight by reducing cravings for less nutritious snacks and/or overeating at other meals
- It sets the stage for lifelong healthy eating habits

Tips for a healthy breakfast:

- Include at least three of the four food groups from [*Eating Well with Canada's Food Guide*](#)
- Mix your favourite cereals together with sliced banana and milk
- Leftovers from the night before can be paired with a glass of milk or 100% fruit juice
- Try mixing yogurt with granola and dried or fresh fruit
- A [smoothie](#) is great for a breakfast on-the-run

For more information:

[Nutrition Matters: Blast Off with Breakfast!](#)

If you have questions about nutrition and healthy eating, contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!