

News from the Nurse

March is National Nutrition Month

Power Up with Breakfast

A healthy breakfast gives people energy to start the day and it's the most important meal of the day for everyone. These quick breakfast ideas can give one the needed morning nutrition for better brain function.

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat vanilla yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with fat-free or low-fat milk. Mix in $\frac{1}{4}$ cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread peanut butter over a flour tortilla and add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.
- Pour a bowl of low-sugar cereal with low-fat milk.

If breakfast foods don't sound good, try these:

- Peanut butter and banana sandwich on whole-grain bread.
- Leftover veggie pizza.
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla.
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.

It is important to eat something upon awakening in the morning, most likely the last meal was 8-12 hours ago. The brain needs refueling for better learning.

