

# Employee Tip Sheet

## Breakfast Go Power

*Fit & Fun  
Families*

### **Breakfast Everyday is the Smart Way.**

How would your car run if it didn't have any gas? If you don't eat breakfast you are not giving your body the necessary energy and fuel it needs to start your day. It's been said time and again just how important it is to eat breakfast every morning to start the day off right. This really is true!

## Why?

- Breakfast is one of the most important meals of the day.
- Eating breakfast sets you in motion to have energy for the rest of the day. It fuels your brain and your body.
- Breakfast foods are great at providing a variety of vitamins and minerals, such as fiber and folic acid. Breakfast eaters have a much higher intake of vitamins and minerals than those who skip this meal.
- Studies show that those people who eat breakfast are less likely to be overweight.
- Non-breakfast eaters are more apt to snack on unhealthy food throughout the day.

## How?

- Create small goals to eat breakfast each day of the week.
- Use the action ideas for work and home to make small changes.
- Track your progress and goals.
- Celebrate your healthy changes and share your good ideas with others.

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### Take Action: *Put Health in Motion!*

#### What You Can Do at Home:

- Allow yourself extra time in the mornings. Set your alarm to get up 15 minutes early.
- Prepare as much of your breakfast the night before so you are not tempted to skip it.
- Set the table for breakfast. Set the coffee pot the night before.
- Be creative. Who ever said you have to have breakfast food for breakfast? Eat healthy leftovers.
- Post a list of healthy and enjoyable breakfast ideas on your refrigerator to save time in the morning.

#### What You Can Do at Work:

**Goal:** To eat breakfast most days of the week.

- Instead of feeling weak, lethargic, or nauseated throughout the day, start the day with "Go Power." A short amount of time eating can sustain you for several hours of the workday.
- Too busy? Don't have time? Start by being committed to take just 15 minutes of time for breakfast.
- Be creative and eat what appeals to you.
- A balanced breakfast can be any combination of choices from at least 3 food groups. (Dairy, Meat/Beans/Poultry, Fruit, Vegetable, Grains.) Refer to "Easy Breakfast Ideas" to get you started.
- Prepare breakfast and bring from home. Or purchase breakfast on the way to work.
- Meet a friend or coworker for breakfast. Put it on your calendar to stay committed.

#### Easy Breakfast Menu Ideas:

- Raisin toast with peanut butter and banana, low-fat milk.
- Slice of cheese melted on whole wheat bread, berries, low-fat milk.
- Tuna fish sandwich, tomato slices, low-fat milk.
- Quick cook hot cereal, cinnamon applesauce, low-fat milk.
- Bran muffins, banana, low-fat milk.
- Ready-to-eat cereals, fresh fruit, low-fat milk.
- Scrambled eggs, orange juice, whole wheat toast, low-fat milk.
- Slice of pizza, orange juice, low-fat milk.
- Taco with tomato and lettuce, low-fat milk.
- Macaroni and cheese, green or red pepper slices, sliced pears, low-fat milk.

This message brought to you by *CIGNA HealthCare* and the *Healthy Kids Challenge*.  
Working to make healthy eating and physical activity a regular part of your life at home and at work.

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## The Breakfast Go Power Challenge

Challenge #1:

### The Gifts of the Morning

Eating Breakfast – think of it as giving yourself a gift. You are treating yourself right. You are getting your day off to a healthy start. Challenge yourself to eat a healthy breakfast every day for a week. Reward yourself for taking the time to eat a healthy breakfast by relishing all the joys that morning can bring. Even if you are not a morning person you can still enjoy the benefits. Who knows you might even become one!

Ideas for rewarding yourself include:

- Make plans to meet a friend for a special breakfast before work or on your time off.
- Take an extra long morning bubble bath.
- Wake up early and enjoy the sunrise.
- Set aside extra time to relax and read the morning newspaper.
- Take your pet for a long morning walk.
- Take an early morning yoga or stretch class.

Challenge #2:

### Meet the Breakfast Go Power Challenge

Create small goals to eat breakfast most days of the week and make a personal commitment. Use the Breakfast Go Power Worksheet and post this page in a location where you can refer to while at work.

### Resources:

- [www.cdc.gov/nccdphp/dnpa/5ADay/recipes/index.htm](http://www.cdc.gov/nccdphp/dnpa/5ADay/recipes/index.htm)  
This CDC website gives healthy breakfast recipe ideas which include ideas for incorporating 5 to 9 servings a day of fruits and vegetables.
- [win.niddk.nih.gov/publications/better\\_health.htm#breakfast](http://win.niddk.nih.gov/publications/better_health.htm#breakfast)  
"Healthy Eating and Physical Activity Across Your Lifespan: Better Health and You Tips for Adults" – The Weight-Control Information Network. This is an information service from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH).

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# Employee Worksheet Breakfast Go Power

## Fit & Fun Families

### Track Your Breakfast Progress and Ideas

**It's fun and easy to keep track of your progress and add new breakfast ideas.**

I will eat breakfast \_\_\_\_ or more days a week for the next month.

*Note:* If you aren't eating breakfast at all, two or more days a week might be a good start.

**Write your menu ideas for eating breakfast here:**

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SUN

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MON

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TUE

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WED

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THUR

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FRI

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SAT

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**Place a checkmark for every day you eat breakfast.**

SUN

MON

TUE

WED

THUR

FRI

SAT

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WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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