



Breakfast is THE Meal of Champions

Facts:

- Eating breakfast sets you up to eat more food earlier (pre-practice) and less late in the evening.**
- Eating breakfast keeps your metabolism strong, your brain awake and your muscles fueled for workouts**
- Breakfast eaters are often leaner than non-breakfast eaters so, if you want to lose body fat..... eat breakfast!**
- Need some ideas?**

At home	On campus	Out to eat
Oatmeal Milk or yogurt Whole fruit	Granola with milk or yogurt Whole fruit	Scrambled eggs Whole wheat toast Fruit
French toast Whole Fruit Milk	Yogurt Parfait (cereal, fruit and yogurt)	Egg white omelets with ham & veggies Toast & Milk
Peanut butter & jelly/honey, Milk Whole fruit	Smoothie with fruit, protein powder or peanut butter added	Egg, ham and Cheese McMuffin Milk
Bagel with Peanut butter or low-fat cream cheese Banana	Raisin Bran muffin Yogurt Fruit	French toast Whole Fruit Milk
Peanut butter and jelly/honey sandwich Milk Whole fruit	Turkey Sandwich Fruit Juice	Egg, potato, veggie scrambles Juice or milk

- Quality is more important than quantity. Watch out for these high fat, high sugar options that will leave you feeling tired and sluggish. Croissants, doughnuts, bacon, sausage, grated hash browns, foods with a lot of cheese, sugar-cereals, pop-tarts, high sugar and fat muffins (blueberry, poppy seed, chocolate, etc,,,), biscuits, gravy.**