

UTM EatWell

Brought to you by your UTM Health & Counselling Centre



Eat Breakfast = Better Grades

Students who eat breakfast have **better concentration** and have **improved skill at problem-solving and physical tasks**.

A 2005 research review shows that eating breakfast is associated with cognitive function related to memory and improved test scores. As well, people who eat breakfast are **less likely to be overweight** even though they may consume more calories overall.

Choose healthy foods from *Canada's Food Guide* in the morning, and get in the habit of eating before class – you will feel great and achieve more at UTM!

A.M. Fuel*Canada's Food Guide* suggests:

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| <ul style="list-style-type: none">• 100% pure fruit
or
vegetable juice• Fresh or canned fruit• Dried fruit | <ul style="list-style-type: none">• Whole-grain bread, tortillas, buns or bagels• Brown rice• Whole-grain cereal (hot or cold) | <ul style="list-style-type: none">• Eggs• Peanut butter (or other nut butters)• Milk or soy beverage• Cheese or tofu• Yogurt or kefir |
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Easy Breakfast Recipe: Banana-Nut Roll Up

- Spread peanut butter (or almond butter) on a whole-wheat tortilla
- Peel a banana and place on the tortilla
- Roll up the tortilla and enjoy!

(If you add a glass of milk, you've got all 4 food groups!)



Did You Know??

You don't have to eat breakfast the minute you wake up to get the benefits; but **get into the habit of eating as part of starting your day**. Start with a banana or piece of fruit, then work up to a larger meal.

If you find you are not hungry in the morning, make sure you are not eating (or drinking!) too much before bedtime. It's better to **fuel up during the day when you need the energy** than at night when you are sleeping.

Limit coffee and sugar intake for more consistent energy throughout the day. Instead of going for the "boost" from caffeine or sugar, eating breakfast (and regular meals), getting enough sleep, and staying hydrated with water will help you maintain energy and concentration throughout the day.



How to Choose a Breakfast Cereal

A bowl of cereal can be a quick and very healthy choice for breakfast: few other foods provide as much fibre and as many nutrients as a good quality cereal. Choose well and avoid the high-in-sugar and low-in-nutrients "kiddie" cereals.

(1) Read the Box

The main ingredient should be "whole grain(s)" like **whole wheat, brown rice, spelt, quinoa, oats**. White rice and "wheat gluten" are *not* whole grains.



(2) Read the Nutrition Facts label

Choose a cereal that has (per serving)

- **At least 5 grams of fibre**
- **Less than 8 grams of sugar**
- **Less than 240 mg of sodium**

