

Back-to-School Wellness

HEALTHY TIP SHEET - AUGUST



Eating breakfast encourages healthier eating. Those who eat breakfast tend to consume more milk, whole-grains, fruit and vegetables.

Eating a healthy breakfast isn't hard, but you do need to do a little work to make it happen. Make a shopping list of healthy breakfast foods that you like. Go to the store to stock up on everything you need, and prepare the ingredients so that they are easy to grab in the morning. When you wake up, put together a healthy breakfast and be on your way.

Reasons to Eat a Healthy Breakfast¹

- ▶ **It balances blood sugar levels.** Glucose fluctuations can be avoided throughout the day by eating fruit, grain and lean protein within two hours of waking.
- ▶ **It kickstarts your metabolism.** Getting your metabolism going early helps to burn calories throughout the day. Skipping breakfast sends a message for your body to conserve calories.
- ▶ **It boosts energy levels.** Eating energizes the body, and people who eat breakfast show an increase in physical activity throughout their morning. Activity prevents weight gain and fatigue.
- ▶ **It promotes heart health.** Those that eat breakfast tend to manage their weight better. This helps to regulate cholesterol and blood pressure and can decrease the risk of heart disease.
- ▶ **It stimulates the brain.** Stable glucose levels can help your ability to focus and process information, so eating breakfast can give you a mental edge.

Want More Information?

Visit [NebraskaBlue.com/Wellness](https://nebraskablue.com/wellness) for additional health and wellness information and to take the Monthly Health Challenge – Eat a Healthy Breakfast

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.

¹<https://share.upmc.com/2017/07/reasons-breakfast-is-important/>, accessed 11/7/2019.

Blue Cross and Blue Shield of Nebraska, an independent licensee of the Blue Cross and Blue Shield Association. 89-172-8 (11-08-19)

