



# Make Breakfast Healthy

## CHALLENGE

Start the day with healthy food

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Make Breakfast Healthy."
2. Create a plan to eat healthy foods for breakfast.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When TV weather reporter Phil Connors gets stuck in a frustrating 24-hour time loop in the cult-classic movie *Groundhog Day*, he decides to eat everything for breakfast.

One morning, he walks into the Tip Top Cafe and orders everything on the menu.

A plate of pancakes. Bacon and eggs. Donuts. He stuffs an entire piece of cake in his mouth. He drinks pitchers of coffee. He even smokes a cigarette in between bites of breakfast.

Co-worker and news producer Rita Hanson (played by Andie MacDowell) calls him out on it: "Don't you worry about cholesterol, lung cancer, love handles?"

Phil (played by Bill Murray) smugly replies: "I don't worry about anything anymore."

If your breakfast looks anything like this, it's time for a change. Starting the day with healthy food can improve your health in a variety of ways. Take the month-long health challenge to Make Breakfast Healthy.

How to choose healthy breakfast cereal  
<https://tinyurl.com/gh95k69>

## The Breakfast Club Quiz

How much do you know about the benefits of eating a healthy breakfast? Take this quiz to find out.



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1.   If you skip breakfast, you are more likely to crave junk food and sweets later in the day.
  2.   Skipping breakfast is a good way to boost your metabolism and limit calories to lose weight.
  3.   Eating any kind of oatmeal or cereal for breakfast is a healthy way to start the day. .
  4.   Eating breakfast improves brain function, memory recall, and the ability to concentrate.
  5.   Starting your day with a healthy breakfast lowers your risk for obesity, diabetes, heart disease, and high cholesterol.

How did you do? Skipping breakfast might save you calories. But if you don't have a plan, you're more likely to eat junk food later. Not all oatmeal and cereals are the same. Some are loaded with sugar and empty calories. Starting the day with a healthy breakfast can have a positive impact on your health.

Answers: 1. True 2. False 3. False 4. True 5. True

## The Trouble with Skipping Breakfast

Never skip breakfast again. An estimated 25 percent of people in the U.S. skip breakfast regularly.<sup>1</sup> Many who bypass the morning meal do so because they're running late. Some forgo breakfast because they think it will help control calories or support weight loss. But research shows skipping breakfast is associated with:<sup>2</sup>

- Higher risk for heart disease, diabetes, high cholesterol, and high blood pressure
- Eating snacks and drinks high in sugar and sodium later in the day
- Weight gain and obesity
- Lack of energy, or feeling of fatigue and tiredness
- Depression
- Increased levels of stress and irritability
- Trouble sleeping
- Lack of exercise