



Healthy Breakfasts: Jump Start Your Day

Breakfast really is the most important meal of the day. Start the day off right and eat smart!

Reasons to Eat Breakfast

- 1. More energy, better concentration.** When you eat a healthy breakfast, you are more likely to have higher productivity at work, school or at home. Eating a healthy breakfast has been linked to better learning ability and memory functions.
- 2. Maintain a healthy weight.** People who skip breakfast are more likely to choose less nutritious and convenience foods to curb their ravenous appetite. Breakfast helps control the urge to nibble or eat too big of a lunch.
- 3. Setting an example.** Your children will develop healthy eating habits at an early age that they can carry on throughout their lifetime. If they see you eat breakfast, they are more likely to as well.
- 4. Consume More Essential Nutrients.** Many people do not meet the essential nutrients such as vitamins and minerals needed daily. Skipping breakfast sets the stage for not getting enough essential nutrients.
- 5. Lower cholesterol, which reduces the risk of heart disease.** Mayo Clinic reports that people who eat breakfast consume less dietary cholesterol than do people who don't eat breakfast.
- 6. Increase your metabolic rate.** When you sleep, your metabolism slows down too. It will only resume its normal rate after your next meal. If you skip breakfast, your body burns only a few calories so you still have enough energy to survive until your next meal. On the other hand, eating a solid breakfast revs up your metabolic rate instantly and maintains that pace throughout the day. Slim people eat breakfast.



SMART MORNING FOODS

Best choices are proteins and complex carbohydrates. Here are some simple ideas to get you started.

WHOLE GRAIN CEREALS: Oatmeal, Steel Cut Oats, Wheat Berries, Millet, Brown Rice, Barley, Rye, etc.
 Add raisins, cranberries, nuts coconut flakes, berries, flax seeds, cinnamon, fresh grated ginger.
 Serve with whole milk or cream. Sweeten with maple syrup, raw honey, dehydrated cane juice sugar. Remember, soak grains overnight as directed below.



EGGS: *free-range is best*
 Scrambled, Hard Boiled, Fried, Omelets, Deviled. Add raw cheese, veggies, and herbs and spices.

DAIRY: *grass fed is best*
 Raw milk, Cheese, Yogurt. Make smoothies with fresh or frozen fruits like bananas, berries, peaches, etc.

MEATS: *grass fed is best*
 Grass-Fed Meats, Poultry, Wild Salmon, Nitrate Free Bacon and



MORE IDEAS: Eat leftovers, Soups, Nuts, Whole Grain Sprouted or Sourdough Bread, Sprouted Grain Pancakes, Waffles, or Muffins. The possibilities are endless.

SOAKING GRAINS & NUTS:

The phosphorus in the bran of whole grains is tied up in phytic acid. Phytic acid combines with iron, calcium, magnesium, copper and zinc and blocks absorption in the intestinal tract. Soaking grains, legumes, nuts and seeds overnight neutralized the phytates and enzyme inhibitors, making them much easier to digest.

INSTRUCTIONS FOR CEREALS: Put the amount of desired cereal in a bowl, cover with filtered water, add an acid like yogurt, lemon juice or apple cider vinegar (1 cup cereal to 1 T. acid). Mix. Cover and leave on counter overnight.

INSTRUCTIONS FOR NUTS: Use 4 cups of raw nuts, 1 T. unrefined sea salt, cover with filtered water. Cover. Let sit overnight. Drain and bake in oven or food dehydrator at 150 degrees for 12-24 hours until completely dry and crisp.

RESOURCE: Fallon, Sally. *Nourishing Traditions*, Washington DC: New Trends Publishing, Inc., 2005.