

# Nutrition Times

South Zone Healthy Eating Newsletter

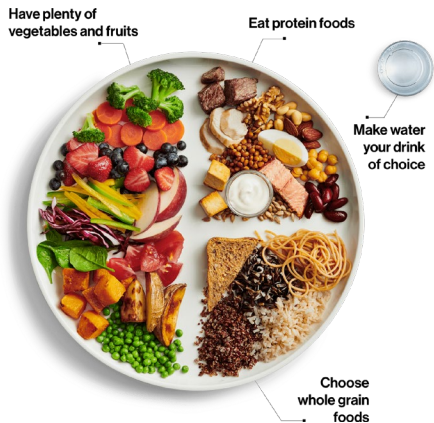
## Wake Up to Breakfast Everyday



**There are many good reasons to start the day with a healthy breakfast.**

- It can help you and your family have more energy for school, work, and play.
- People who skip breakfast often have low intakes of calcium, iron, and fibre and these are important nutrients for growth and health.
- Eating breakfast may improve memory, focus, and readiness to learn

Breakfast can be simple and still meet your nutrition needs! Use Canada's Food Guide, Food Guide Snapshot to plan your breakfasts.



Canada's Food Guide, Food Guide Snapshot

**December 2024**

### Not a Breakfast Eater?

If you are not used to eating early in the morning, try eating breakfast one hour after you wake up. Or try having 1 or 2 of the foods below:

- Piece of fruit
- Hardboiled egg
- Half a whole grain bagel with cheese or nut butter
- Small bran muffin
- Lower fat cheese
- Low fat yogurt
- Unsweetened applesauce
- Unsalted nuts
- Whole grain cereal
- Fruit and nut bar



**Tip! Try to prepare breakfast or set the breakfast table the night before to save time in the morning.**

**Tip! Look for cereals and grains with more than 2 grams of fibre per serving listed on the label.**

## Need some great breakfast ideas?

Whole grain hot or cold cereal with milk and fruit.



Small oatmeal muffin, yogurt, and an orange.



Whole grain crackers, cheese, and an apple.



Leftovers: soup, pasta, casserole, etc.



### Resources:

For all of this information and more including breakfast ideas: [Wake Up to Breakfast Every Day](#)

For even more breakfast ideas:

- [Canada's Food Guide Recipes](#)
- [Cookspiration: Breakfast and Brunch](#)
- [Inspiring Healthy Eating](#)

For tips on boosting the amount of fibre and protein in your breakfast visit: [Make a Change](#)

### Upcoming Events & Classes

We offer classes on a variety of nutrition topics including:

- Healthy Eating for Pregnancy
- Feeding Babies
- Mealtime Struggles (Picky Eating)
- Preventing or managing chronic disease
- Registration details [here](#).

For a complete list of workshops that are available anywhere in the province click [here](#) including *Easy & Healthy Mediterranean Cooking Online Class* [here](#).

### Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat:	403-502-8200
Brooks:	403-501-3300
Lethbridge:	403-388-6666

For more information on this or other nutrition topics, go to [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca)

