

# START YOUR DAY THE RIGHT WAY

If breakfast is the most important meal of the day, why is it also the most frequently skipped? Many of us just don't make time in the morning to eat a nutritious meal. But consider this: We're less likely to feel tired when we refuel our bodies, and that's exactly what a healthy breakfast does after a good night's sleep.

According to the Mayo Clinic, eating breakfast reduces hunger later in the day, making it easier to make better nutritional choices and stay on track. Breakfast also provides energy, potentially increasing physical activity for the day.

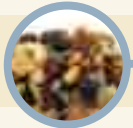
Even when in a rush, there's always time for a healthy fuel up. Here are some suggestions for on-the-go breakfasts:



..... **A latte or cup of milk with a whole-grain breakfast bar.** Milk is an excellent source of protein, and breakfast bars are a great source of complex carbohydrates.



..... **A milk-based fruit smoothie.** Blend all ingredients the night before so that the only thing left to do in the morning is add ice cubes, blend and pour.



..... **Trail mix.** Try making your own trail mix by combining whole-grain cereal with dried fruit and nuts.



..... **Celery sticks and nut butter.** Cut up celery or buy it pre-cut and grab a container of natural nut butter. Dip and enjoy!



..... **Yogurt and granola.** Grab the granola, the yogurt and a spoon, and you're set to go!



..... **Rice cakes with nut butter and jelly.** Spread a thin layer of nut butter over a whole-grain rice cake, and add your favorite jelly.



..... **Cheese and crackers.** Make your own cheese sandwiches with whole-grain crackers, sliced cucumber rounds and a small container of cottage cheese.



..... **Omelet sandwich.** Using a teaspoon of olive oil, sauté a handful of veggies. Add two eggs to make an omelet. Prepare a whole wheat pita with a layer of lettuce and freshly sliced tomatoes. Fold the omelet into the pita pocket, and enjoy a hearty protein and vegetable breakfast that will keep you full until lunchtime!