



Stretch's Corner for Adults



BENEFITS OF A HEALTHY MORNING MEAL

Breakfast really is the most important meal of the day -- it gives you energy to start the day and is linked to many health benefits. Studies show that eating a healthy breakfast can help give you a nutritionally complete diet, higher in nutrients, vitamins, and minerals; better weight control; improved concentration and performance in the classroom or the boardroom; more strength and energy to engage in physical activity and lower cholesterol levels.

Source: www.webmd.com

BREAKFAST SMOOTHIE

Ingredients

1 banana
4-6 frozen strawberries
½ cup frozen blueberries
2 scoops of orange sherbert
½ cup orange juice
½ cup milk
½ cup nonfat plain yogurt
1 ½ cup of Ice

Instructions

Combine all ingredients in blender and blend until smooth. Pour and serve.

QUICK HEALTHY BREAKFAST IDEAS

- Prepare a casserole the night before. Pop it in the microwave when you wake up and it will be ready to go when you are.
- Incorporate complex carbohydrates, such as whole wheat toast and bagels.
- Spread peanut butter and raisins on top of either for added flavor.
- Bake bran muffins early in the week, then grab one or two each morning. Or check out a local bakery for healthy varieties.
- Make waffles Sunday morning and freeze the leftovers. You can pop them in the toaster for a homemade breakfast. Also, grocery stores sell frozen whole grain selections.
- Have you ever tried a tortilla for breakfast? Wrap up cold turkey and cheese, grab an apple and you're on your way.
- Don't forget cold cereal. We're not talking about those covered with sugar, but the healthy variety. Items such as Wheaties and Cheerios are always good choices.
- Whole-egg or egg white omelets with fresh or frozen veggies (carrots, broccoli, celery, peppers, onions and even black beans make great additions).
- Make a shake or a smoothie. Blend fruit and yogurt and then drink it in the car. A side option is a small bag of finger foods, such as a mixture of granola and grapes.

Source: www.sparkpeople.com

ENERGY FOODS

Foods can boost energy in three ways: by providing sufficient calories, by delivering stimulants like caffeine, and by pushing the metabolism to burn fuel more efficiently. As for mood, the best foods are those that stabilize blood sugar and trigger feel-good brain chemicals, such as serotonin. Learn which foods and drinks can do the job:

Breakfast

For anyone hoping to boost energy and mood, skipping breakfast is not an option. Studies show that people who eat breakfast every morning enjoy more energy and a better mood throughout the day. The best breakfasts deliver plenty of fiber and nutrients through whole-grain carbs, good fats, and some type of lean protein.

Almonds, Hazelnuts & Cashews

These nuts are not only rich in protein, but they also contain magnesium, a mineral that plays a vital role in converting sugar into energy. Research suggests magnesium deficiency can drain your energy. Magnesium is also found in whole grains, particularly bran cereals, and in some types of fish, including halibut.

Fresh Produce

Another way to stay hydrated and energized is to eat fluid-filled foods, such as fresh fruits and vegetables. Skip dry packaged snacks like pretzels in favor of apple wedges or celery. Other hydrating foods include oatmeal and pasta, which swell up with water when cooked.

Dark Chocolate

Chocoholics, you probably knew this already – a few squares of dark chocolate can boost both energy and mood. Caffeine is at work again, along with another stimulant called theobromine.

Frequent Meals

Another strategy for stabilizing blood sugar, energy, and mood: Eat small meals and snacks every three to four hours, rather than a few large meals. Energy-sustaining snacks include peanut butter on whole-grain crackers, half a turkey sandwich with salad, or whole-grain cereal with milk.

Source: www.webmd.com