

What's a Whole Grain?

Whole grains contain the entire kernel of the grain. As complex carbohydrates, whole grains create a feeling of fullness as well as steadier blood sugar levels. They contain antioxidants and fiber that slow heart disease progression. Look for "whole" in the first ingredient on a label. Some whole grains at breakfast can include whole wheat breads, oatmeal, whole grain cereals, granola, whole grain corn, buckwheat, barley, quinoa and millet.



For more Information:

American Dietetic Association
www.eatright.org

Food Guide Pyramid
www.MyPyramid.gov

Centers for Disease Control
www.cdc.gov

Sodexho Balance Mind Body Soul
www.balancemindbodysoul.com



OUR MISSION WITH STOP HUNGER Stop Hunger Where It Starts

Since 1999, the Sodexho Foundation has been committed to being a driving and creative force that contributes to a hunger-free nation.

In order to eliminate hunger that affects 35 million people in the U.S., we must fight its root causes. The Sodexho Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education, and food insecurity.

From nutrition programs for children, to job training for adults, the Foundation supports hunger-related initiatives on the local, state, and national levels.

www.helpstophunger.org



Balance Mind Body Soulsm is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven't done before, a food you haven't tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

www.balancemindbodysoul.com



10% Total Recovered Fiber/All Post-Consumer Fiber



Get Up & Go with BREAKFAST



balance
mind, body
and soul



Get Up & Go with Breakfast

Imagine you're a car. Your fuel tank is empty. It's probably been at least 10 or 12 hours since you last ate. Meals are fuel. Your body likes to be fed. Breakfast is the fuel that gets you going in the morning before you hit the road. Breakfast slips your brain into gear, revs up your metabolism, and improves your mood. Breakfast is the most important meal of the day.

Benefits of Eating Breakfast BREAKFAST FUELS THE BRAIN

Studying and sustained mental effort require a large turnover of glucose in the brain. The neurons in the brain do not store glucose, its main energy source. The brain depends on the bloodstream to deliver its precious fuel—glucose from carbohydrates. Studies suggest that breakfasts with complex carbohydrates that slowly release glucose into the blood help memory and concentration. Examples of "time-release" carbohydrates are a whole grain bagel and an apple.



MUSCLE, LIKE THE BRAIN, requires glucose replenishment. Breakfast gives strength and endurance. And for morning exercisers, a wholesome breakfast with fruit and whole grains replaces depleted glycogen stores.

JUMP START FITTING HEALTHY FOODS INTO YOUR DAY

Calcium-fortified orange juice, milk, yogurt, fortified soy and rice milks, cheese or tofu can provide calcium in a breakfast meal to keep on building healthy bones. Breakfast is a good time to get at least one serving of fruit, and even a vegetable. Try a veggie omelet. It's easy to get two or three whole grains at breakfast—whole grain cereal with whole wheat toast, or a whole grain bagel.



CONTROL YOUR WEIGHT BY EATING BREAKFAST

Skipping breakfast makes people more likely to overeat later. Going without breakfast can actually add calories to your day.

What Makes a Healthy Breakfast?

A good breakfast includes nutritious foods from at least two or three food groups. One healthy formula: a whole grain + a fruit or vegetable + protein such as low fat milk, yogurt, cheese, tofu, eggs, nuts such as peanut butter or walnuts, or lean meat.



A Morning Meal can be Many Things

Breakfast is what is important to you—whether hot chocolate and plantains; tortillas and fruit; lentils and spices; bread and cheese; rice and vegetables; noodles and broth; or last night's leftover pizza. At least one thing you can expect: a morning meal or snack will get you going.



In a Hurry?

Don't Miss Breakfast

Here are some quick options in your campus restaurant besides ready-to-eat cereal:

- Oatmeal in a cup with fat-free milk and fresh fruit
- Whole grain cereal with fat-free milk and fresh fruit
- Whole wheat toast with peanut butter and orange juice
- Whole wheat English muffin, yogurt and orange juice
- Smoothies made with fruit and yogurt or soy milk
- Whole grain breakfast bar, yogurt and fruit cup
- Scrambled egg and cheese on a biscuit with fresh fruit
- Egg and cheese burrito with a side of fresh fruit