

# Better Breakfast Scenarios

If you struggle with having a balanced breakfast here are some tips to get you started:



## If you...

## Try this...

### Are an early riser

Feel free to fast until 7 or even 8am, eating too early when your stomach is still asleep has been found to increase your caloric intake.

### Have a small appetite in the morning

Focus on building a balanced breakfast (see your meal plan for details) and have a few bites of everything. Remember the balance is more important than the individual foods.

### Don't have an appetite in the morning

Have  $\frac{1}{2}$  cup of milk or  $\frac{1}{4}$  cup of juice before you even brush your teeth. Low blood sugars and no food in your belly can make you feel nauseated and not quite ready to eat. Putting something that is easy to digest in your system will help you to feel hungry in 30-60 minutes. You will only need to do this for one to two weeks until your appetite increases in the morning.

### Are using caffeine for energy

If you find yourself satisfied with just a cup of coffee in the morning, chances are you are using the caffeine (and sometimes sugar) to increase your energy levels instead of food (fuel). This can often lead to large meals and snacks in the evening. Try to not have coffee until after you have had a balanced breakfast.

### Eat at 9 a.m. everyday

If your breakfast is at 9 a.m. then don't worry about having a morning snack, you can select no AM snack in your My Nutrition settings under your account. Eating breakfast at 9 a.m. and lunch at 12 p.m. is an appropriate amount of time between a meal and snack.

### Sleep late on weekends

On the weekends when you sleep in later feel free to combine your breakfast and morning snack to have a later and larger meal.