

T. Lindsey, R.D.N. 02/14/2018

'Break Your Fast' the Right Way

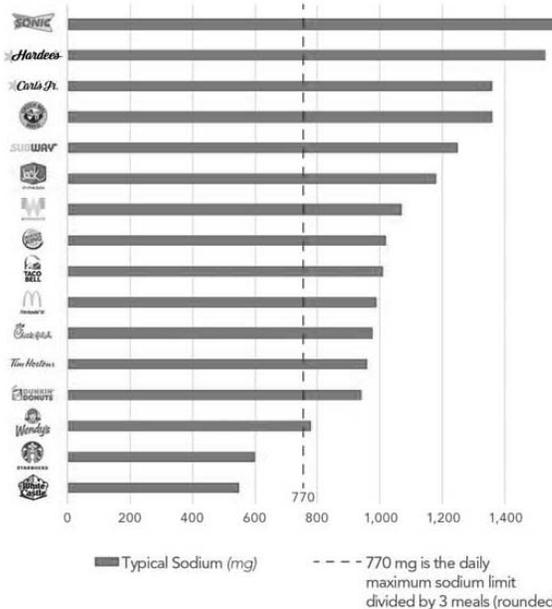
When should you have the main meal of the day? Although many eat their biggest meals toward the end of the day, more recent research has shown there are health benefits that come from having breakfast as the main meal of each day.

After not eating for 8-10 hours due to sleep, breakfast, which literally means "break-your-fast", helps to kick start your metabolism and gives your brain fuel for the day. Eating breakfast helps you stay focused, which can increase your productivity and performance. Your brain is powered primarily by carbohydrates, which is the main source of energy your body uses. This is why it is important to have a colorful plate that partners foods such as toast or granola (your carbohydrate) with scrambled eggs, cheese, or yogurt (your protein) and if possible, a side salad or fruit (fiber).

If you aim to have around 300-500 calories for breakfast, which provides 15-25% of your daily energy requirements, it can reduce your temptations to snack throughout the day. Make sure that you are making healthy food choices. Don't just grab quick fast food, which is more detrimental to your health.

Plan your meals ahead of time. Look for foods that are high in protein, nutrient dense (all of those A, B, C vitamins), and full of whole grains, fiber, and low in sodium. A breakfast burrito at Jack in the Box is over 2,000mg of sodium (**daily max** is 770-800mg) and over 1,000 calories!

Breakfast does not have to be complicated, but it should be prioritized. Keep it simple and your body will be thanking you for the rest of the day!



Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796