



Mason County

WASHINGTON STATE UNIVERSITY
EXTENSION

Eat a Healthy Breakfast Everyday

School is off to an early start this year with the first official day being Wednesday, August 29, 2018. With flu season right around the corner, it is important to remember during this busy time of year to take care for your body. One way to do this is by having a healthy breakfast every day in order to help strengthen your immune system, as this is the body's first line of defense against invading harmful pathogens. According to the Food and Drug Administration (FDA), a healthy breakfast consists of three main components; 1. a fruit or a vegetable, 2. a whole grain food with little to no added sugar, and 3. a dairy or a protein. Some examples of a healthy quick, on-the-go breakfast are; a fruit parfait, whole grain toast with peanut butter and a banana, cheesy eggs with spinach on a whole grain English muffin, low-sugar whole grain cereal with milk and sliced fruit, or even a whole grain bagel with low-fat cream cheese and an avocado.

Research conducted by the FDA has shown that by eating a balanced, healthy breakfast you are better able to maintain mental focus throughout the day and are less likely to make unhealthy choices during lunch and dinner. A nutritious, well-rounded diet is a fundamental piece to achieving long lasting health and vitality. Incorporating a variety of fruits, vegetables and whole grains into every meal provides the body with the essential vitamins and minerals it needs to fight off various chronic diseases, as well as maintain proper functioning throughout all of the body's systems. According to the FDA adults and teens should consume an average of 2 cups of fruit, 3 cups of vegetables and 6-8oz of whole grains every day, while children should have 1 ½-2 cups of fruit, 2 ½-3 cups of vegetables and 3-6oz of whole grains daily (MyPlate.com). A well-nourished, healthy body is a happy body! So make sure to eat a variety of different fruits, vegetables and whole grain foods every day.

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