

# Breakfast of Champions: *Eating to Win!*

## WHY?

- Skipping breakfast tends to make you more irritable and short tempered. Not to mention you'll be short on energy for even your afternoon activities!
- In extreme situations, not having breakfast could lead to really low blood sugar causing dizziness and even fainting during exercise
- Breakfast fuel allows for better mental focus & performance
- Adults and teens who eat breakfast are more likely to eat less snacks throughout the day, and lose or keep off unwanted weight

## WHEN?

- Breakfast doesn't have to be a sit down meal. It can be at home, on-the-go, or at the desk
- Aim for eating within 2 hours of waking, but make sure you ALWAYS EAT SOMETHING BEFORE EXERCISE.

## WHAT?

- **General rules:** have a balanced meal with 3 of the 4 food groups: 1) Fruit, 2) Grains, 3) Milk and alternatives
  - Some winning choices are: cereal, whole grain toast, bagels, oatmeal, low fat muffin, milk, yogurt, cottage cheese, fresh or frozen berries, fruit salad
- **Before early AM training session:** Choose foods that sit well and work well your tolerance. Test out what works for you – try different types of quick digesting/absorbing foods; 200-400 calorie meals seem to work for most people and are sufficient to get you through your practice. An example would be: one bowl of cereal with low-fat milk and piece of fruit or a smoothy.
- **Power breakfast:** A morning meal that is high in protein, complex carbs & fibre is proven to suppress hunger & keep weight off. This type of breakfast is also good for people that aren't training early morning and want some longer lasting energy to get them to their afternoon workout.
- **Remember you need fluid too!** Have at least ½ a cup to a cup of fluid with your breakfast foods, to help digest and hydrate for your training session!

## ARE YOU SOMEONE WHO DOESN'T EAT BREAKFAST?

### Reason #1: I don't like to eat breakfast.

- Breakfast doesn't have to be the typical conventional breakfast foods. If you don't like eggs, toast and cereal, go ahead and have some leftover dinner!
- Slowly get used to the taste and texture of food in the morning.
  - Start small with just having a juice or milk. Then, build that up to a meal replacement drink (such as Boost) or a smoothy. Make your own smoothy and start adding larger pieces of fruit to get used to the texture. Once you're used to that, move on to more solid foods, and you'll be eating a full breakfast in no time!

### Breakfast alternatives:

- ✓ Baked potato with cottage cheese
- ✓ Peanut butter and honey sandwich
- ✓ Tomato soup with whole-wheat crackers
- ✓ Pizza with lots of veggie toppings!
- ✓ Treats! That's right, go ahead and have that leftover pie, chocolate chips on cereal or carrot cake. It may stave off your cravings for those things later in the day!

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### Reason #2: I'm not hungry in the morning.

- If you are not hungry when you wake up, you may be eating too much the night before. Cut out the late night snacking.
- If you exercise first thing in the AM, although you may be running on fumes, the exercise may also temporarily kill your appetite. But, later in the morning you become so hungry you over-indulge on whatever you can find! Have something small before your activity.

### Reason #3: I don't have time in the morning.

- Your breakfast can be on-the-go, or once-you-get-there! The key is to BE PREPARED!

#### Quick tips:

- ✓ Pack an on-the-go breakfast the night before
- ✓ Keep cereal or protein bars in your gym bag or purse
- ✓ Store instant oatmeal, raisins and powdered milk in your locker or desk. Add water, pop it in the microwave and you're ready to go!
- ✓ Stock your kitchen with "quick fixes" you enjoy: yogurt cups, bananas, milk, raisin and peanut mixtures, bran muffins with jam, bagels, etc.

### Reason #4: I'm watching my figure.

- People who skip breakfast to shed a few calories end up over-eating poor food choices later on in the day. They also tend to have less energy, and thus exercise less!
- You don't gain weight from eating breakfast!
- Eating a full breakfast (about 500 calories) helps stave off hunger later on in the day. So, eating a full, well-balanced breakfast means you will eat less junk food in the afternoon. It will also give you the energy to step up your training routine, meaning you will get more out of it and burn more calories!



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## Recipe Ideas

### GENERAL BREAKFAST RULES: Muesli

Yield: 1 serving

- ½ cup oats (regular or quick cooking)
- ½ cup plain yogurt
- 1 tbsp lemon juice
- 1 small apple (grated)
- 1 banana (sliced)
- 3 tbsp raisins
- Honey / sugar to taste
- Nuts are optional

Combine oats and yogurt in large bowl. Add lemon juice and grated apples, mix. Add all other ingredients, enjoy!

Nutrition Information per serving:

Carbohydrates: 95g

Protein: 11g

Fat: 3g

Total kcal: 450



### EARLY MORNING TRAINING: Fruit Smoothy

Yield: 1 serving

- ½ cup low fat yogurt or milk
- 1 cup fruit juice
- ½ - 1 cup fruit (fresh, frozen, or canned)
- Dash of cinnamon/nutmeg (optional)

Put in blender, blend, enjoy!

Nutrition Information per serving:

Carbohydrates: 50 – 60g

Protein: 5g

Fat: 0 – 3g

Total kcal: 220 – 290



### POWER BREAKFAST: Low-fat Breakfast Burrito

Yield: 1 serving

- ¼ cup chopped onion
- ¼ cup chopped green pepper
- ¼ cup sliced mushrooms
- 2 eggs
- ¼ cup reduced-fat shredded cheese
- 3 tbsp chunky salsa (mild or hot)
- 1 tbsp skim milk
- 1 large flour tortilla

Sauté vegetables in a skillet. Combine eggs, milk, salsa, and cheese in a bowl. Add egg mixture to skillet with vegetables, scramble until eggs are firm. Rap filling up with tortilla, and enjoy!

Nutrition Information per serving:

Carbohydrates: 20g

Protein: 21g

Fat: 5g

Total kcal: 333



### SHORT ON TIME: Cereal to go!

Yield: 1 serving

- ½ cup rolled oats
- ½ cup of your favourite cereal
- 1/3 cup raisins or other dried fruit
- ½ cup milk powder
- ½ - ¾ cup water

Put all ingredients, except water, into a Tupperware container. When ready to eat, add water to get your desired consistency, shake, and enjoy!

Nutrition Information per serving:

Carbohydrates: 104g

Protein: 15g

Fat: 8g

Total kcal: 520

