

# September: Breakfast Month

By Lisa Franzen-Castle, PhD, RD  
Extension Nutrition Specialist  
UNL Panhandle Research & Extension Center  
Author E-mail: lfranzen2@unl.edu

September is National Breakfast Month and for many people breakfast is a low priority or not one at



all. If you think you are saving time or cutting calories by skipping breakfast, think again. Making a healthy breakfast a part of your morning can help get you on track to make healthier choices throughout the day, increase your physical activity, and help curb overindulging on convenience foods and overeating at lunch. A healthy breakfast replenishes your body and can have a positive impact on your general health. Check out these tips on why a healthy breakfast is important and how to make it happen.

## Tips on Making Breakfast a Priority:

### Skipping Breakfast and Weight Gain.

- Skipping breakfast may increase your chances for weight gain. Eating breakfast can help reduce hunger and avoid overeating.
- Skipping breakfast may leave you feeling famished, leaving the door open for temptations such as candy, chips, and other foods from the vending machine.
- When you are at the grocery store try buying portable breakfast items such as fruit, low-fat yogurt, and whole grain breakfast or granola bars for when you are on the go.

### Breakfast and Academic Performance.

- Research shows skipping out on breakfast can negatively impact children's academic performance. As children get older they are less and less likely to eat breakfast.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

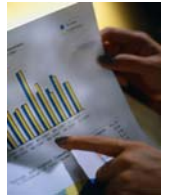
University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.



- The American Dietetic Association states that children who eat a healthy breakfast are more apt to have better concentration, alertness, creativity, miss fewer days of school, and be more active.

### The Health Benefits of Breakfast.

- Research shows that those who eat breakfast regularly are more likely to have a healthier overall diet.
- Healthy options include whole grains (oatmeal, whole grain cereals and breads), low-fat protein (peanut butter, lean slices of poultry, meat, or fish), low-fat dairy (low-fat milk, yogurt and cheeses), and fruits and vegetables (fresh or frozen or 100% juices).



### Healthy Breakfast Ideas.

- Small whole wheat bagel with peanut butter, a banana, and a glass of skim or low-fat milk.
- Oatmeal with skim or low-fat milk topped with dried or fresh fruit and chopped nuts.
- Breakfast parfait made with low-fat yogurt, fruit, and low-fat granola.
- Sandwich made with a whole grain English muffin, turkey bacon, and low-fat cheese.

If you are one of the many people who skip breakfast, start eating breakfast this month and make it a routine. Plan ahead to eat breakfast, this means deciding the night before so you will save time in the morning.

### Sources:

1. American Dietetic Association. Power up with breakfast. Accessed at [www.eatright.org](http://www.eatright.org). Accessed on: 8/13/10.
2. Katherine Zeratsky. 2009. Why does eating breakfast help control weight? Accessed at: [www.mayoclinic.com/health/food-and-nutrition/AN01119](http://www.mayoclinic.com/health/food-and-nutrition/AN01119).
2. USDA. 2009. Inside the Pyramid. Accessed at: [www.mypyramid.gov](http://www.mypyramid.gov). Accessed on: 8/13/10.
3. National Center for Chronic Disease Prevention & Health Promotion. 2010. Nutrition and Health of Young People. Accessed at: [www.cdc.gov/healthyyouth/nutrition/facts.htm](http://www.cdc.gov/healthyyouth/nutrition/facts.htm).
4. Rampersaud et al. 2005. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. J Am Diet Assoc. 105(5): 743-60.

Updated: August 2010

Know how. Know now.