Nutrition Corner: Balanced Breakfast

According to the National Weight Control Registry, 78 percent of people who lost weight and kept it off for at least 5 years ate breakfast every day.

Benefits of a Healthy Breakfast

- Improved concentration throughout the day
- Better endurance during physical activity
- Lower cholesterol levels
- Helps maintain a healthy body weight

3 Ingredients for a Healthy Breakfast

- Lean protein
- Whole grains
- Fruits or Vegetables

Did You Know?
The world’s first breakfast cereal was created in 1863 and had to be soaked overnight in order to be chewable.

For more suggestions on how to keep your breakfast balanced:
- Healthy Vending on Campus
- Ask the RD
- Healthy & Budget Friendly Grocery Shopping webinar

Source: Registered Dietician Interns from Emory Healthcare