

# A Better Brown Bag Breakfast

## *Tips To Squeeze In Breakfast On The Go*

(NAPSA)—You can find a nutritious solution to squeezing in breakfast: Instead of skipping the morning meal or grabbing a quick hit at the fast food joint, copy a lunchtime move and “brown bag” breakfast.

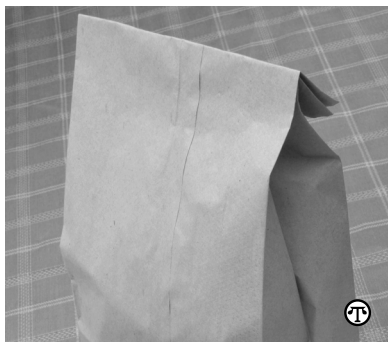
“Spending a few minutes packing a healthy breakfast will set the tone for the day and help avoid poor food choices later,” said nutrition consultant Elizabeth Ward, M.S., RD and author of “The Pocket Idiot’s Guide to the New Food Pyramids.” “Skipping breakfast usually means you’re hungry by late morning and are more likely to visit the vending machine or buy a pastry that’s much too large.”

Plus, the health benefits associated with daily breakfast consumption are plentiful. Eating a healthy breakfast every day may increase daily dietary fiber intake significantly, aid in weight management and contribute to increased attention and performance at work and school. Breakfast also serves up an opportunity for good nutrition, which is beneficial considering less than 11 percent of Americans are meeting the current USDA daily guidelines for fruit and vegetable consumption.

“A healthy breakfast is a great way to get a jumpstart on nutrient intake for the day,” said Elizabeth Pivonka, Ph.D., RD, president and CEO of Produce for Better Health Foundation. “For example, simply drinking one 8-ounce glass of 100 percent orange juice provides almost 25 percent of the daily USDA-recommended servings of fruits and vegetables. Grab a carton or fill up your favorite insulated to-go cup when on the run to easily increase your fruit servings for the day.”

Ward offers these suggestions for a nutritious brown bag breakfast:

- Stock the fridge. Keep healthy single-serving items on hand,



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such as low-fat string cheese, yogurt, instant oatmeal and cartons of 100 percent juice.

- Cover the food pyramid. For balance, fill your brown bag with choices from three of the five food groups (grains, vegetables, fruits, milk and meat/beans).

- Choose carefully. Read labels on breakfast and energy bars. Many are very high in sugar and not as healthful as they appear. For your morning OJ, make sure it is 100 percent fruit juice instead of fruit “drinks,” which may contain very little fruit juice and lots of added sugar.

- Stay on your own schedule. Not hungry early in the morning? Remember you don’t have to eat your brown bag breakfast right when you get to work. A healthy meal fuels the mind and body so just squeeze it in before lunchtime.

- Be creative. If the typical morning fare doesn’t tempt you, opt for healthy nontraditional breakfast foods. Take some leftovers or grab a whole wheat dinner roll and add peanut butter.

- Prepare with packaging. Keep brown bags, plastic bags and containers on hand in your kitchen.

For more breakfast tips from Elizabeth Ward, visit [www.Floridajuice.com/BreakfastHabit](http://www.Floridajuice.com/BreakfastHabit).