



HEALTHY HABITS PROGRAM

MAY'S GOAL

BREAKFAST DAILY!

HAVE A HEALTHY MEAL EVERY MORNING

TRACKING SHEET

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Notes: _____

HELPFUL TIPS

- For May's Healthy Habits goal, we're challenging you to have a healthy meal every morning. Eating breakfast resets the body's metabolic motor after the night's fast. Plus, a good satisfying breakfast helps affirm your healthy-eating intentions for the whole day.
- The simplest breakfast is, of course, cereal—but look for one with a whole grain as the first ingredient, and one that contains at least 4 to 5g of fiber and at least 5g of protein per serving. Good examples: Kashi GoLean cereals, Post Shredded Wheat, and Mueslix.
- Include protein in your morning meal: It is digested at a slower rate than carbs, which keeps blood sugar levels steady—and helps you feel satisfied longer. Good choices include skim milk (on cereal or in a latte or cappuccino), low-fat yogurt, soy or turkey sausage, low-fat cheese, or eggs (hard-boiled, poached, or scrambled in cooking spray).
- Boost breakfast on-the-go: For extra protein, add a tablespoon or two of nuts to your yogurt or oatmeal. Stir frozen berries into oatmeal or yogurt to boost the vitamin content.
- Muffins are the ultimate make-ahead breakfast. They're freezer-friendly, quick to reheat, and satisfying. Pair with yogurt for a more filling meal.
- Stash go-to snacks at work. A jar of peanut butter is a shelf-stable friend—perfect with graham crackers, whole-grain crackers, or apples, all of which you can keep in your desk drawer. If there's a fridge at work, start the week with a supply of yogurt, fresh fruit, or a few sticks of string cheese.