

# Boost health with these breakfast tips

Looking to make some changes to your nutrition? Start by examining what is often referred to as the most important meal of the day: breakfast.

Here are some fast facts about breakfast from Kelly Springer, MS, RD, CDN, and president of Kelly's Choice, a collective of registered dietitians, nutritionists and educators that offers customized nutrition coaching programs for schools, workplaces, medical facilities, athletes and individuals.

**• Don't Skip It:** Breakfast is not only essential to weight maintenance, it can help ensure you avoid nutritional deficiencies, so don't avoid it.

"Think about bonfires. If you don't add wood to the flames, the fire will go out. Metabolism works the same way. If you don't add food as fuel to your body, your metabolism will slow down," Springer said. "To maintain a healthy diet, you need to eat regularly scheduled meals. Breakfast is particularly important because your metabolism slows during a night of sleep."

Skipping breakfast has also been proven to be linked to nutrient deficiencies, points out Springer.

"Breakfast provides essential nutrients

that can't be made up for later in the day," she said. "A good breakfast will provide protein, b vitamins, fiber, calcium and iron."

**• Include Protein:** Protein helps to maintain blood sugar levels, keeps you fuller longer and provides the building blocks for skin, hair, nails and muscle. But because protein can't be stored as protein in the body, it needs to be consumed throughout the day.

"Be sure your first meal includes protein. You don't have to search hard to do so. Some of your favorite breakfast items are already a great source," says Springer.

Did you know that a bagel at Einstein Bros. Bagels has between 9 and 17 grams of protein? This is more than, or as much protein as one large egg, three slices of turkey, one cup of two percent milk or two tablespoons of creamy peanut butter.

**• Include Carbohydrates:** Many new diets encourage you to skip carbohydrates, but carbs are the number one source of energy for the body and brain food to boot. Carbohydrates convert to glucose in the body - and our brain, one of the most demanding organs in the body, cannot function without glucose.



**• Streamline:** Habits are most successfully formed when they are easy to adopt. To that end, consider streamlining your breakfast by seeking out one location for your morning cup of joe as well as your protein-rich meal, such as Einstein Bros. Bagels, which offers a full break-

fast menu.

A nutritious day all starts with a balanced breakfast. To keep your body and metabolism fueled, give your breakfasts a makeover.

(StatePoint)

# Dining GUIDE



## Dining out with food allergies

When dining out, Americans with food allergies can find restaurant visits stressful, if not hazardous. Cross-contamination, uninformed servers or mixed-up orders can easily turn a dinner date into a fiasco involving an EpiPen and ambulance.

The good news? Many restaurants are taking steps to accommodate America's 12 million diners who have food allergies. Consumers can make informed decisions, whether they're sensitive to shellfish or have celiac disease, a condition in which the body cannot process gluten.

"There have never been more tools available to the consumer with food allergies to access health information and to act on what they find," Andrea Levario, executive director of the American Celiac Disease Alliance, said.

Levario offers the following tips to help consumers enjoy safe and healthy restaurant meals:

- Research your options online before you come in. Responsible chains put menu information online. For example, some restaurants present detailed health information, including notes about its gluten-free dishes on their websites. If a restaurant doesn't post nutrition and ingredient information online, try calling ahead to speak to a manager.

- Take advantage of posted information. Many restaurants offer nutritional information through lobby kiosks. Other establishments may have pamphlets that they can provide upon request.

- Alert your server. A good server will make your experience his top priority—he will want to ensure that you have an enjoyable, safe meal. Tell your server about your specific allergies, and ask him to communicate your needs to the kitchen.

- Ask the manager for special accommodations. Managers should personally check special-needs orders, adding another safety-control measure to your meal.

"Dining establishments are growing in their understanding of food allergies and other customer health needs — some in response to new laws," Levario said. "I believe these activities are an example of a very positive health-consciousness trend within the restaurant industry." (NewsUSA)

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