Get Stoked for Breakfast

In the same way a fire uses wood to burn, our bodies use food to function. Breakfast provides the energy we need to blaze through the day. Different foods are digested at different speeds, so for that all-day glow, rem-ember to build your breakfast with the right fuel.

Macronutrients including carbohydrates, protein, and fat are our body’s source of fuel. Carbohydrates provide quick energy, much like using kindling to start a fire. Protein takes longer to digest, like tossing a log onto the kindling. Fat, like coal, burns low and slow, keeping you satiated and ready to tackle the day.

- Simple carbohydrates (like the sugars in fruit juice and some sweeten cereal) digest quickly, so pair them with a longer burning fuel
- Complex carbohydrates (like whole grains and fiber-rich fruit) slow digestion and keep you feeling full longer. Try swapping apple juice for an apple, and white bread for whole grain bread

**Fire it up with carbohydrates**

*like*

**Fresh Fruit, Whole Wheat Bread, & English Muffins**

*then*

**Keep the flame alive with protein**

*like*

Eggs, Greek Yogurt, & Vegetarian Breakfast Patties

*last*

**Round it out with healthy fats**

*like*

Peanut Butter, Olive Oil, & Nuts

- Eggs are the classic breakfast protein, but the dining hall also offers vegetarian breakfast patties, egg whites, and Greek yogurt
- You can find healthy fats in peanut butter, nuts, and plant oils, such as olive oil. Fats are the most energy dense macronutrient, so a little bit goes a long way

Fire on all cylinders by eating breakfast daily

Revised By: Jenny Campbell
Reviewed By: Peggy Policastro, RDN- Dining Services/IFNH

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu.