

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

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

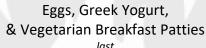


Fresh Fruit, Whole Wheat Bread, & English Muffins



Keep the flame alive with protein

like





Round it out with healthy fats

like
Peanut Butter, Olive Oil, & Nuts



also offers
vegetarian
breakfast patties,
egg whites, and
Greek yogurt

You can find
healthy fats in

Eggs are the classic

breakfast protein,

but the dining hall

 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

References: Power Up With Breakfast https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/power-up-with-breakfast

Accessed on: September 20, 2021. McGuire, Michelle, and Kathy A. Beerman. *Nutritional Sciences: From Fundamentals to Food*. Available from: VitalSource Bookshelf, (3rd Edition). Cengage Learning US, 2012. Accessed on September 21, 2021

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