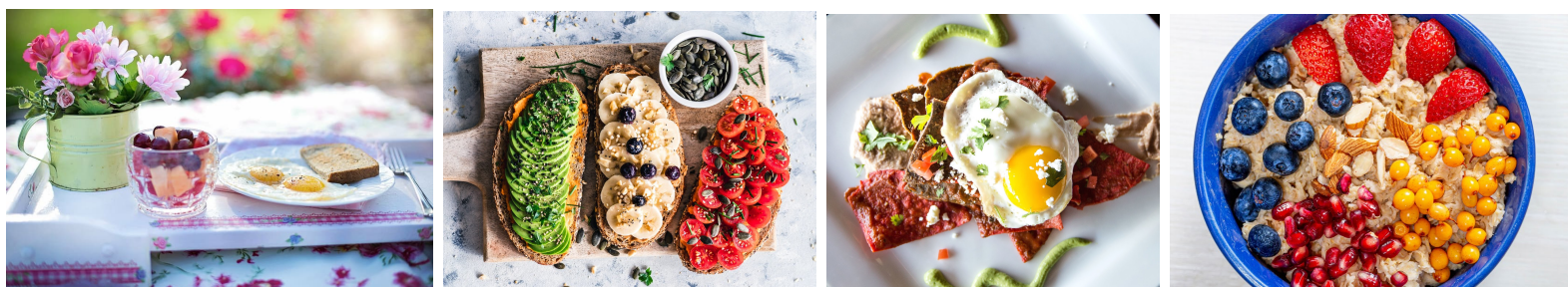


Nutrition Tip of the Week: The Importance of Breakfast



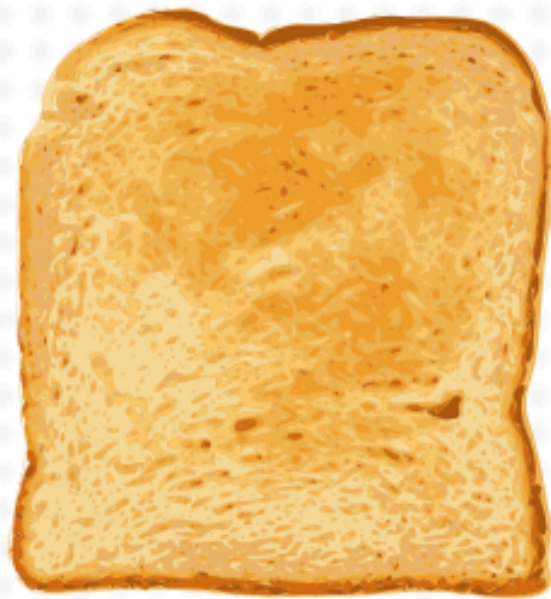
Hello CSUSM Athletes!

This week we are talking about *why* breakfast is one of the most important meals of the day and how skipping it can affect your overall well-being overtime. When we skip breakfast blood sugar regulation is disrupted and can lead to poor dietary choices and behaviors throughout the day. For example, when we eat dinner the night before, blood sugar levels increase and our bodies feel great. Over the course of the night, blood sugar levels drop back down because the energy and nutrients your body received from dinner travels from the bloodstream and into cells. Eating breakfast in the morning allows your body to reestablish morning blood sugar levels so it can receive energy from food and take on the day.

Eating breakfast also tells the body that calories and nutrients are available, so we metabolize our energy sources regularly. However, when we skip breakfast, the body gets a different signal that food is not readily available and it begins to conserve energy, rather than burn it. Hence, the body is essentially preparing itself to be in a state starvation. This is a stressed state for the body to be in - so it slows down metabolism, conserves fat storages and holds onto weight. Those who skip a morning meal also tend to make healthier food choices during the day, which further increases the risk for weight gain. This is because the body eventually gets so hungry, it wants to consume whatever food it can immediately. This commonly results in craving processed, refined carbohydrates and other sugary items. Other main differences between those who eat breakfast and those who do not are listed below.

Those Who Eat Breakfast	Those Who Skip Breakfast
<ul style="list-style-type: none"> ● Weight maintenance ● Higher energy levels ● Higher daily fiber intake ● Reduce risk of illness ● Better mood throughout the day ● Better cognitive and physical performance ● Consumption of less fat throughout the day ● Meet fruit and vegetable recommendations 	<ul style="list-style-type: none"> ● Higher risk for becoming overweight ● Depleted energy levels and fatigue ● Less fiber intake throughout day ● Increased stress and anxiety levels ● Don't meet fruit and vegetable recommendation ● More likely to consume unhealthy snacks ● Consume more fat and refined carbohydrates throughout day

Some of the biggest reasons why people do not eat breakfast are: lack of motivation, not enough time, too tired, or not readily available foods. Set yourself up for success. Get a good night's sleep, make time for yourself in the morning, and check out some of our quick and easy breakfast ideas below.



TOAST BAR

FIND A NEW WAY
TO EAT TOAST

- **Sautéed spinach and garlic**
 - top with soft cooked egg
- **Grainy mustard with salami**
 - top with cucumbers
- **Raspberry jam**
 - top with aged goat cheese
- **Maple syrup**
 - top with flaxseed and pecans
- **Smoked salmon**
 - top with scallions
- **Coconut butter**
 - top with cinnamon and raisins
- **Fried egg with cheddar**
 - top with pesto

Recipe of the Week: Healthy Granola

This delicious, well-rounded granola recipe is filled with healthy fats, carbohydrates, and proteins that keep you satisfied and full of energy. The perfect addition for your breakfast or snacks, before and after practices. Dried cherries are the ultimate dried fruit to add because they help with performance and recovery by helping to open blood vessels and increase oxygen flow to the muscles. Granola is great on top of your yogurt, smoothies, cereal, ice cream, mixed with trail mix, or can be enjoyed by itself! Natural sweeteners such as maple or honey allow it to clump together, while bringing hints of sweetness. Add or switch ingredients to your preference, such as different nuts, seeds, and dried fruit.

Prep time: 5 minutes

Cook time: 21 minutes

Cool time: 45 minutes

Servings: 16 cups

Serving size: ½ cup

Ingredients:

- 4 cups old-fashioned rolled oats
- ½ cup raw nuts and/or seeds
- 1 teaspoon fine-grain sea salt
- 1 teaspoon ground cinnamon
- ½ cup melted coconut oil, butter or olive oil
- ½ cup maple syrup or honey
- 1 teaspoon vanilla extract
- ⅔ cup dried cherries (or other dried fruit of choice)
- optional additional mix-ins: ½ cup chocolate chips or coconut flakes*

Nutrition Facts

Serving Size 1/2 cup
Serves 16

Amount Per Serving

Calories 234

% Daily Value*

Total Fat 11.7g 18%

Saturated Fat 6.3g

Trans Fat 0g

Polyunsaturated Fat 1.6g

Monounsaturated Fat 3.1g 0%

Cholesterol 0mg 0%

Sodium 141.9mg 6%

Total Carbohydrate 27.6g 9%

Dietary Fiber 3.4g 13%

Sugars 11g

Protein 3.5g 7%

Vitamin A 0% Vitamin C 0%

Calcium 3% Iron 5%

Vitamin D 0% Magnesium 9%

Potassium 9% Zinc 4%

Phosphorus 9% Thiamin (B1) 8%

Riboflavin (B2) 8% Niacin (B3) 1%

Vitamin B6 1% Folic Acid (B9) 0%

Vitamin B12 0% Vitamin E 1%

Vitamin K 1%

Directions:

1. Preheat oven to 350 degrees. Line a large, rimmed baking sheet with parchment paper.

2. In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.

3. Pour in the oil/butter, maple syrup and/or honey and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.

4. Bake until lightly golden, about 21 to 24 minutes, stirring halfway (for extra-clumpy granola, press the stirred granola down with your spatula to create a more even layer). The granola will further crisp up as it cools.

5. Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit (and optional chocolate chips, if using). Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon if you don't want extra-clumpy granola.

6. Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

Nutrition Facts based off of listed ingredients: Old fashioned oats, dried cherries, Pecans, pepitas, maple syrup, coconut oil, vanilla extract, sea salt, cinnamon.

Recipe adapted from: <https://cookieandkate.com/healthy-granola-recipe/>



The Cougar Pantry serves free food to all CSUSM students. Each Student may visit once per week, in addition to attending Fresh Market Mondays (every Monday in Chavez Plaza from 10am - 1pm) and Produce Truck Tuesdays (first tuesday of every month in front of Markstein Hall from 12-1 pm) for fresh produce.

Cougar Pantry is located in **USU 3100A** and the hours are as follows:

Mondays: closed for Fresh Market

Mondays; Tuesday - Thursday: 9 AM - 5 PM

Friday: 9 AM - 1 PM

Don't forget your reusable bag and student ID!

Thank you Cougars and have a wonderful week!

