Workplace Wellness Newsletter

November 2014

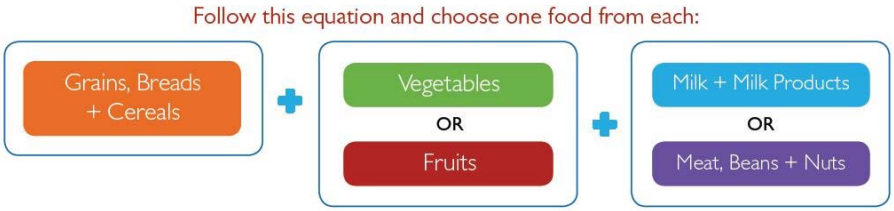
Breakfast Makes Champions

If you had to make only one small change to realize increased energy, a better mood and weight control, would you commit to it? What if the change took less than five minutes a day?

Scientific research continues to show that eating breakfast is one simple habit that provides numerous health benefits. A balanced breakfast ensures long-lasting energy and promotes a healthy eating pattern for the whole day. Studies show that people who consume a morning meal tend to eat fewer calories and less saturated fat and cholesterol, plus they have better overall nutritional status.[1]

A good breakfast consists of at least three food groups:

- Grains, Breads + Cereals – whole-wheat bagel, whole-grain toast or oatmeal
- Vegetables OR Fruits – bell peppers, orange slices or grapes
- Milk + Milk Products OR Meat, Beans + Nuts – low-fat or fat-free milk, yogurt, breakfast sausage or walnuts



Breakfast can be as quick and simple as a smoothie or high-protein snack to eat on the go. For more healthy breakfast ideas, click here.

[1] Hill J, Wing R. "The Weight Control Registry," *The Permanente Journal*, 2003 Vol 7(3).

Recipe of the Month

Enjoy this classic holiday breakfast served warm or cold with a side of fruit.

Easy Bread Pudding

Photo courtesy DairySpot.com

Ingredients:

4 cups day-old whole-wheat, raisin, sourdough or oatmeal Bread, cubed
2 cups fat-free Milk, scalded
¾ cup fat-free Egg substitute
¾ cup packed dark brown Sugar
1 teaspoon Vanilla
1 teaspoon Brandy or Rum, optional
Confectioners' Sugar, optional

Preparation:

Heat oven to 350 degrees. Coat a two-quart nonstick baking dish with cooking spray. Place cubed bread in baking dish and set aside. Combine milk, egg, brown sugar, vanilla and brandy and pour over bread cubes in dish. Bake 35–40 minutes or until set. Cool on wire rack for 10 minutes. Lightly dust with confectioners' sugar.

Move of the Month

Wake Up With Warrior One!

Mornings set the tone for the rest of the day, so begin yours with a calm state of mind. Help awaken your senses with this invigorating yoga move!

Stand up straight and then step back with one leg as far as you can comfortably go. Bend your opposite knee so it's directly above the ankle and turn your back foot in slightly. Raise your arms directly above you, reaching strongly, and look up. Take 30 seconds to hold this position and breathe deeply. Reverse leg positions and repeat.

Move and image courtesy of everydayhealth.com.