



September is National Better Breakfast Month!

Facts

- Breakfast fuels your work/school day
 - Improved performance
 - Nutrition and education linked
- Absence of breakfast causes binge eating at later meals
- A simple breakfast can meet vital micronutrients goals that otherwise wouldn't be met
- Common breakfast foods are high in fiber and promote digestive health
- Improved ability to maintain weight loss

Healthy Recipes

- Fruit and nut parfait
- Smoothie
- Homemade (no-bake) granola bars
- Egg white omelet with fresh veggies, avocado and turkey
- Oatmeal pumpkin pancake
- Breakfast burrito (whole wheat tortilla, egg/whites, veggies, black beans, turkey and guacamole)
- Grilled peanut butter and banana sandwich

Send a photo of your healthy, "better" breakfast to riolae@ccf.org by September 30 for a chance to win a prize!

For more recipes and educational resources visit:
clevelandclinic.org/employeeewellness