A HEALTHY BREAKFAST…

The best way to start the day!

Why eat a healthy breakfast?

Breakfast in the morning helps you in many ways:

- It gives your muscles the energy they need after a night of sleep.
- Your brain works and thinks better after breakfast. You'll do better in school, physical activity or at work.
- A healthy breakfast includes some carbohydrates, protein and a little fat and gets you through the morning.
- Skipping breakfast is not a good way to lose weight. When you eat breakfast, you or your family members will be less hungry mid-morning and won't be as likely to grab junk food or overeat at lunch.

A few minutes spent eating gives you time:

- To think and organize your day.
- To catch up on the news, sports or other interests.
- To be with your kids.

MORNING IS A BUSY TIME – PLAN AHEAD.

- Set out foods that won't spoil, such as cereals.
- Plan simple breakfasts. No need to cook.
- Let your child help you plan or make breakfast.

FRUIT – EAT IT LOTS OF WAYS!

- Just eat it fresh. Seasonal fruit is always available.
- Slice fresh fruit into cold or cooked cereal or mix into yogurt.
- 100% fruit juices, in small amounts, about four ounces or half a cup in one day.

For more information about health education programs or materials, call **1-800-804-6074** or visit **www.CalVivaHealth.org**.

BREAKFAST IDEAS

- Whole wheat toast with a small amount of light spread, peanut butter, sliced low-fat cheese or cottage cheese. Add sliced fruit such as apples or bananas.
- Low-sugar cold cereals with nonfat or low-fat dairy, soy or rice milk.
- Cooked cereal like oatmeal or grits.
- Try some dried fruit as a cereal topping, such as raisins, cranberries, dates or apricots. Or chopped nuts like walnuts, sunflower seeds or almonds.
- Rice or a bowl of noodles.
- Warm up leftovers from the night before, such as rice with vegetables and beans or meat.
- Scrambled eggs or tofu cooked in a small amount of canola or olive oil. Add some chopped tomato, cilantro, green peppers – any vegetables.
- Beans, cheese, beef or eggs cooked in a small amount of oil.
- Add a warm corn tortilla.
- Steamed rice, vegetables and tofu, chicken, beef or fish.
- Quesadilla on a corn tortilla.
- Burrito made with leftover vegetables.
- Bagel with a small amount of light spread, low-fat cream cheese or jam.
- A small bowl of nonfat or low-fat yogurt.

In addition to breakfast foods and drinks, add a glass of water! And take some water with you. Drink six to eight glasses a day!

PLUAS TSHAIS ZOO RAU YUS LUB CEV…

Txoj kev zoo tshaj los mus pib hnub ntawd!

Vim li cas thiaj li noj pluas tshais uas zoo rau yus lub cev?

Noj pluas tshais thaum sawv ntxov pab koj tau ntau yam:

- Nws muab lub zog rau koj cov leeg tom qab koj pw tsaug zog ib hmos.
- Koj lub hlwb khiav thiab xav tau zoo dua tom qab koj noj tshais. Koj yuav kawm tau ntawv, sib zog ua no los yog tom chaw ua hauj lwm zoo dua.
- Ib pluas tshais zoo rau yus lub cev yuav tsum muaj ib co khoom noj muaj npluas roj (carbohydrates), muaj khoom pab lub cev (protein) thiab me ntsis roj kom pab tau koj rau tag kis ntawd.
- Ncua tsis noj tshais tsis yog ib txoj hau kev zoo los mus ua kom poob phaus. Thaum koj noj ntshais, koj los yog cov neeg hauv koj tsev neeg yuav tsis tshaib thaum ib tag kis dua thiab thiaj li yuav tsis mus muab khoom txom ncauj tsis zoo noj los yog noj su ntau ntau.

Ob peb feeb uas siv los noj muab tau sij hawm rau koj:

- Los xav thiab xam txog saib hnub ntawd koj ua dab tsi.
- Los mus saib tej xov xwm, kev kis las los yog lwm yam uas koj nyiam.
- Los mus nrog koj cov me nyuam nyob.

YAV SAWV NTXOV YOG IB LUB SIJ HAWM TSIS KHOOM – NPAJ UA NTEJ.

- Muab cov zaub mov uas tsis lwj cia rau sab nraud, xws li cov qhov noom qhuav ntse mis.
- Npaj cov tshais uas yooj yim. Tsis tas yuav ua zaub mov.
- Cia koj tus me nyuam pab npaj los yog ua tshais noj.

TXIV HMAB TXIV NTOO – MUAJ NTAU TXOJ KEV NOJ!

- Cia li noj thaum tshiab. Cov txiv hmab txiv ntoo uas txi muaj cim yeej muaj tas li.
- Muab cov txiv tshiab hlais rau cov qhov noom qhuav uas txias los yog siav lawm los yog muab xyaw rau cov khoom noj mis qaub (yogurt).
- Cov kua txiv tseem tseem 100%, muab me me, kwv yees li plaub ooj los yog ib nrab khob tauj ib hnub.

Yog xav tau cov ntsiab lus txog kev cob qhia
thiab ntaub ntawv txog kev noj qab haus huv,
hu rau **1-800-804-6074** los yog mus saib
www.CalVivaHealth.org.

COV TSWV YIM RAU PLUAS TSHAIS

- Cov qhob cij noob pas ci uas yog muab me ntsis roj pleev, txiv laum huab xeeb, tej nplais tshij (cheese) muaj roj tsawg los yog cov tshij ua kua (cottage cheese). Ntxiv cov txiv muab hlais lawm xws li txiv av-paum los yog txiv tsawb.
- Cov qhob noom qhuav uas muaj piam thaj tsawg nrog rau cov khoom mis nyuj uas muaj roj tsawg, kua taum pauv los kua ntxhai txhuv.
- Cov qhov noom muab ua siav xws li noob pas hau los yog mob kuam.
- Sim muab tej co txiv hmab txiv ntoo qhuav coj los tso rau cov qhob noom qhuav, xws li raisins, txiv cranberry, txiv date los yog txiv apricot. Los yog muab cov noob txiv xws li txiv qhib, noob txiv paj noob hli los yog noob txiv ntoo almond txhoov.
- Mov los yog ib taig fawm.
- Muab cov zaub mos qub uas noj nag hmo rhaub dua, xws li mov nrog rau zaub thiab taum paj los yog nqaij.
- Qe kib los yog taum paj hau nrog me ntsis roj noob txiv canola los yog olive. Ntxiv ib co txiv lws suav, zaub txhwb qaib, kua txob ntsuab – yam zaub twg los tau uas muab txhoov rau.
- Taum paj, tshij, nqaij nyuj los yog qe uas yog siv me ntsis roj.
- Ntxiv ib daim ncuav pob kws sov so.
- Mov vom, zaub thiab taum paj, nqaij qaib, nqaij nyuj los yog nqaij ntses.
- Ncuav qhwv nqaij (quesadilla) rau ib daim ncuav pov kws.
- Ncuav qwhv nqaij (burrito) uas yog siv zaub seem los ua.
- Ncuav noob pas ci uas yog muab me ntsis roj pleev, cov pleev tshij uas muaj roj tsawg los yog cov pleev kua txiv.
- Ib me tais khoom noj mis qaub (yogurt) uas tsis muaj roj los yog muaj roj tsawg.

Ntxiv rau cov zaub mov thiab dej haus ntxuag pluas tshais, ntxiv ib khob dej dawb! Thiab coj ib co dej nrog koj. Haus rau txog yim khob tauj ib hnub!