

Breakfast of The Champions Activity - KEY

Option A

Cocoa Puffs

Waffle with syrup

Option B

Breakfast Sandwich

(turkey, egg & cheese on English muffin)

- Why is it a better option?
 - Cocoa Puffs are loaded with added sugar.
 - Breakfast sandwich is a more balanced options as it provides protein, fat and carbs.

Wheat Waffle with peanut butter

- Why is it a better option?
 - Waffles are made from refined flour and topped with high sugar syrups. This increases your inflammatory response. The sugar spike and drop causes an immediate increase in energy then a crash after your blood sugar returns to normal levels.
 - Wheat waffles provide more fiber allowing for slower digestion and peanut butter contains healthy fats and protein.

Fruit Juice & lucky Charms

Milk with Special K

- Why is it a better option?
 - Fruit juices contain up to as much sugar as a can of soda.
 - Special K is lower in sugar and higher in fiber than lucky charms.
 - Milk will provide protein where fruit juice is high in sugar.
 - **To add some healthy fat: top with nuts*****

Bagel with cream cheese

Avocado on whole wheat toast

- Why is it better for you?
 - Avocado is packed with healthy fats and vitamins.
 - Wheat toast contains fiber to help keep you full and satisfied.
 - **To add protein, add a scrambled egg****

Sweetened Yogurt

Greek Yogurt with nuts

- Why is it better for you?
 - Sweetened yogurts are high in sugar and lack good fat that can help with satiety.
 - Greek yogurt has a good balance of carb and protein to keep you full

Fruit Juice

Smoothie

(Greek yogurt, banana, nut butter, & cocoa powder)

- Why is it better for you?
 - Contains Protein + Carbs + healthy fat from nuts
 - Greek yogurt has a good balance of carb and protein to keep you full.

Pancakes

Oatmeal made with egg whites

- Why is it better for you?
 - Oatmeal is high in fiber which will keep you full and satisfied longer.
 - Egg whites will add protein without changing the flavor. Add egg whites before cooking which allows the egg whites to cook while the oatmeal is cooking.