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Goodbye Summer!

So Long Summer...Until Next Year!

What does the end of August look like for you and your family? Are you preparing the kids for back to school? Are you going back to work? Or is your schedule remaining the same? Regardless of what is to come in September, it is important to have your health, and your loved ones health, at the top of your priority list.

Transitioning from Summer to Fall can be overwhelming or motivating. A new season may translate to a new start for you, or continued motivation to maintain those healthy habits you established prior to. On the other hand, this time of year can shake up our routines, more than we like, causing us to experience some set backs. Perhaps there isn't enough time to go to the gym or get outside, or fast food is the easier alternative.

If you are feeling uncertain about the weeks to come, or need that extra push to stay on track, the best thing to do is **START YOUR DAY OFF RIGHT!**

Breakfast Really is One of the Most Important Meals of the Day!

A nutritious and healthy breakfast truly is the best way to tackle your busy days and help keep you focused!

And science can back this up!

Studies from the *Journal of the Academy of Nutrition and Dietetics* have shown that breakfast consumption is associated with:

- Improved concentration and performance in the workplace
- Improved feeling of well-being
- Greater intake of nutrients, vitamins and minerals
- Reduced risk of heart disease
- Improved weight control
- Controlled blood sugar levels
- More strength and energy for physical activity



Similarly, breakfast consumption in children is associated with improvements in:

- meeting daily nutrient requirements

- A study from the *British Journal of Nutrition* found that breakfast skippers "had lower levels of nutrients such as iron, calcium and folate" which contribute to growth, optimal health, and daily performance.
- concentration and performance inside and outside the classroom
- problem solving skills
- eye-hand coordination
- miss fewer days of school

Although most of us are aware of the health benefits of breakfast, the cons often outweigh the pros. The number one reason why many of us skip out on breakfast is... **TIME**. This is understandable. In the moment, that extra 15 minutes of sleep is all you're concerned about, and morning delays happen more often than we plan for.

But this can no longer be an excuse! There is a simple solution...**PLAN AHEAD, EVEN THE NIGHT BEFORE!**

Check out this [video](#) by Eat Right Ontario, for quick and easy breakfast ideas, that will take less time than you think in the morning or the night before!

Make Breakfast the Night Before to Fuel your Day!

Mini Mushroom Omelettes

This recipe only requires 10 minutes of your time, and can last for the week. These are great for busy mornings when you need something for on-the-go. Enjoy these mini omelettes, hot or cold! You can change the seasonings and veggies to whatever you prefer.

One omelette contains 11g of protein, which will satisfy your hunger and keep you going through out the morning.

Click [here](#) for the recipe and for the nutrition facts table!

For Filomena's clients - 1 omelette count as: 1 serving of meats/alternatives + 2 servings of fat + 0.5 - 1 serving of vegetables



Classic Overnight Oats

Wake up to this pre-made breakfast! This is the classic version, but feel free to add spices, fresh fruit, or dried fruit to the mix.

Substitute the maple syrup or honey with half of a mashed banana for sweetness.

Make it gluten free by purchasing Gluten Free oats!

Note: Oats are naturally Gluten Free, but they are grown and manufactured with gluten containing products. Look for the Gluten Free Symbol on the package.

Opt out Greek yogurt for regular plain yogurt if desired; although, the end result will be thinner.

Click [here](#) for the recipe:

For Filomena's clients: 1/2 of the recipe (1 small serving) counts as: 1 serving of grains + 1/2 serving of fat + 1 serving of milk/alternatives (based on no maple syrup added)

Interested in [Chocolate Coconut Overnight Oats?](#)

Click [here](#) for more information on the health benefits of **OATS!**

Almond Coconut Granola

Pair this granola with a low fat yogurt and you are ready to go.

Substitute the dried cranberries or apricots with any other dried fruit you like, such as blueberries, figs, dates, or black currants. Purchase unsweetened dried fruit for a lower sugar option!

Store the granola in a sealed bag or container for up to 3 weeks.

Click [here](#) for the recipe and for the nutrition facts table!

For Filomena's clients: per 1/4 cup: Sugar- 6.8 grams (not included in the nutrition facts table includes added and naturally occurring sugars)

1/4 cup counts as: 1 serving of grains + 1 serving of fat (less than 1/6th serving fruit)



Breakfast Burrito

Minimal preparation time the night before and even less the next morning.

Simply make the egg mixture the night before, and store in the fridge over night. The only thing you have to do in the morning is add it to your whole grain tortilla and warm it up in the microwave (if you want to).

Substitute with lower fat cheese or eliminate the cheese, and try to add more vegetables to the burrito!

Use your left over vegetables from that night to add into the egg mixture, to cut down your preparation time even more!

Click [here](#) for the recipe and for the nutrition facts table!

For Filomena's clients: 1 burrito counts as: 1 serving of grains + 1 serving of meats/alternatives + 2.5 servings of fat + 1-2 servings of vegetables

Looking for Additional Breakfast Tips?

Here are some of the top breakfast tips that *Dietitian's of Canada* suggests to prevent 'morning drain brain' and help kick start our day!

- Prepare quinoa, barley or oat porridge on the weekends and refrigerate in portions. Simply re-heat with mix-ins and toppings: [plain low-fat yogurt](#), [dried or fresh fruit](#), [nuts](#), [ground flax seed](#), and [more!](#)
- Bake and freeze whole grain pancakes and muffins, and re-heat in the morning
 - *TIP: Substitute the oil with apple sauce for your pancakes and muffins to keep your*

breakfasts lighter

- Create your own trail mix and pack it into individual portions
 - **Add a high fibre cereal, dried fruits, and nuts!**
- Make muesli with toasted oats, coconut, dates, or almonds, and pair with a fruit or yogurt
- Make a batch of hard boiled eggs on the weekend. Keep them refrigerated and they can last for the week.
- Stock up on ready to eat fruits and containers of yogurt
 - Pre wash, cut up, or prepare your fruits in advance and store in containers
 - such as grapes, berries, and melons
- Buy or prepare your own hummus. Pair the hummus with toast, an english muffin or fruit



Click [here](#) for the full article from Dietitian's of Canada.

Thinking about What to Bring for a Healthy Snack?

SIGN UP FOR SEPTEMBER'S COOKING CLASS!



Healthy Snacks: Fueling New Fall Routines

*September 13th 2017 7-830pm
Fortinos Hwy 27, Woodbridge*

Click on the link below to sign up, or email dietitian@innerhealth1.ca

<https://www.eventbrite.com/e/healthy-snacks-fueling-new-fall-routines-tickets-36218974929>

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