



B.C. Principals' & Vice-Principals' Association

MEMBER UPDATE

ReFresh

October 28, 2020



This week...

Energize Your Engine

As the days get shorter, it seems harder and harder to get out of bed. Revving up the energy can be tough! After a night of sleeping, we've **burned through up to 80% of our energy stores** and wake up empty. Just like your car requires fuel to run, your body needs food to generate energy and rid itself of lethargy.

Therefore, *DO NOT* skip **breakfast!**

What we eat can **boost our energy**, but it can also increase fatigue! Do it right and the benefits can last all day. Do it wrong – for example, '*break fast*' with quick-digesting carbohydrates – and you will be hungry and tired much earlier in the day.

A healthy breakfast restores the glucose levels in the body and lowers stress levelsⁱ. A good breakfast is one that includes healthy proteins and fats, some slowly digested carbohydrates, and some fruits or vegetables. A vegetable omelet with a slice of whole-grain toast qualifies, as does a bowl of high-fiber cereal topped with fresh fruit, reduced-fat or soy milk, and a handful of almonds or walnuts. Eating something nutritious in the morning can rev up your body and mind to prepare you for a busy day.

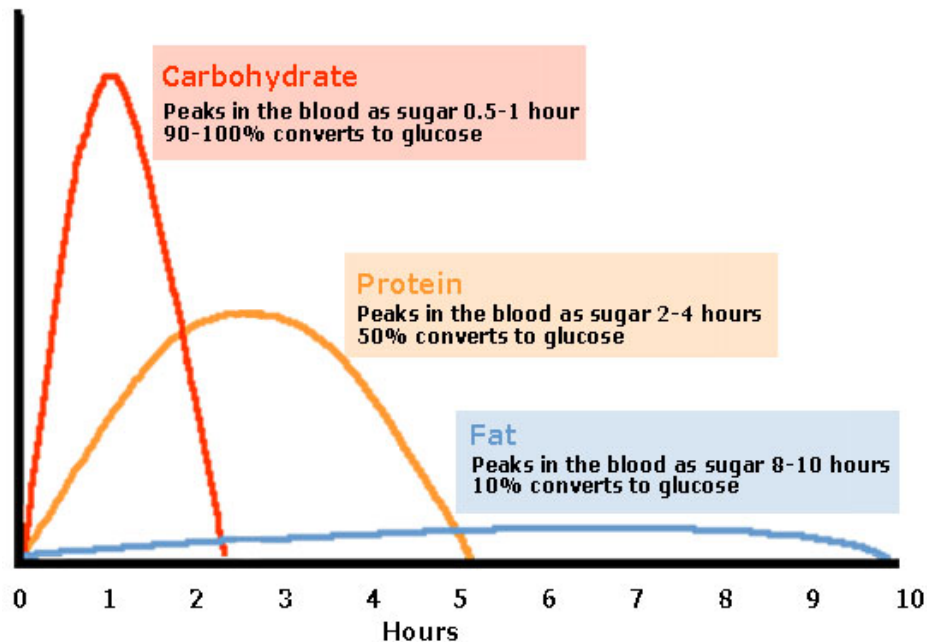


Figure 1: Diabetes Support. www.diabetes-support.org.uk

Here are **4 breakfast tips** to try for creating an energy-boosting breakfastⁱⁱ:

- 1. Choose whole grains.** High-fiber, [whole-grain](#) cereals and breads can help keep your blood sugar on an even keel and help you to avoid a mid-morning energy crash. Bran cereal, bran flakes, and steel-cut oatmeal are typically the healthiest bets. To choose the healthiest breakfast cereal, read the label and look for:
 - 5 grams or more of fiber per serving
 - less than 300 milligrams of sodium per serving
 - less than 5 grams of sugar per serving

- whole grain as the first item on the ingredient list
- 2. **Include protein.** Yogurt is a good choice – particularly Greek yogurt, as it has more protein. Eggs (up to one a day) are okay for healthy people. Include foods that have healthy fats, such as nuts or salmon. Limit processed meats as these foods are associated with a higher risk of colorectal cancer, heart disease, and type 2 diabetes.
- 3. **Eat in, not out.** If you are eating on the run or having a breakfast meeting, enjoy a healthy breakfast out by sticking to oatmeal. Much of the traditional fare will start your day with loads of refined carbohydrates, sugars, and saturated fat.
- 4. **Blend up a breakfast smoothie.** Combine fruit, juice, yogurt, wheat germ, tofu, and other ingredients. Toss them in your blender with a bit of ice and you have a refreshing, high energy breakfast.

Other great breakfast ingredients include:ⁱⁱⁱ

- Fruit
- Nuts and nut butter
- Chia seeds
- Cottage cheese
- Flaxseeds and flax meal
- Coconut
- Cacao
- Avocados

Give these healthy breakfast recipes a try:

- [9 Energizing Breakfast Smoothies to Kick-Start Your Day \(Chatelaine\)](#)
- [5 Easy, Energizing Smoothie Recipes \(Clean Eating Mag\)](#)
- [Healthy Breakfast Ideas \(Love and Lemons\)](#)
- [Breakfast Ideas to Keep You Energized All Morning \(Life Hack\)](#)

Start your morning right with these ideas to help energize your engine!

If you would like to contribute, or have ideas about what you would like to see in the **ReFresh** series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.

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Sources

ⁱ <https://food.ndtv.com/health/five-reasons-why-you-should-never-skip-breakfast-1663367/>

ⁱⁱ [Harvard Health Publishing](#)

ⁱⁱⁱ <https://zerocater.com/blog/2017/07/24/11-energy-boosting-foods-for-breakfast/>