



Eating Breakfast

The importance of Breakfast:

Breakfast is refueling- the first opportunity to replenish glucose (blood sugar), glycogen (carbohydrate stored as fuel for the brain and muscles) and fluid.

Breakfast eaters tend to have more strength and endurance.

Eating breakfast daily improves mental skills athletes rely on, such as alertness, concentrations, problem-solving and memory.

Eating breakfast can benefit an athlete's mood, making it easier to stay calm relaxed, motivated and positive.

Eating breakfast decreases the chances of inappropriate snacking later in the day. Unplanned or out-of-control snacking can lead to higher intake of fat and calories, and unwanted weight gain.

Breakfast provides a jump start to meeting your daily requirements of key nutrients such a water, fiber, and more than 40 vitamins and minerals.

Breakfast fuels and sustains the body through morning training sessions. This helps decrease the ravenous hunger that athletes often experience later in the day.

Breakfast eaters make better food choices throughout the day.

Eat breakfast daily! Great options include:

- Whole-grain cereal with fruit and 8 ounces of milk/yogurt.
- Waffles with peanut butter and a fruit smoothie.
- Oatmeal made with milk and dried fruit/nuts.
- One egg (not fried) and two pieces whole grain toast with fruit
- Smoothie made with milk/yogurt, fruit, honey, oats, ground flax, peanut butter, etc.
- Pancakes with fruit, maple syrup and a glass of milk.
- Bagel with peanut butter, small fruit smoothie.
- English muffin topped with melted cheese and tomato.
- Omelet made with vegetables and a piece of whole grain toast.



INFORMATION

Breakfast is important for performance and health. It is an early-morning refueling stop for your body.

After 8-12 hours without a meal or snack, your body needs to be replenished with fuel and fluid.

This material was developed by professional sports nutritionists at the United States Olympic Committee. For more information and additional sport performance resources, visit:

www.teamusa.org/resources/usoc-sport-performance