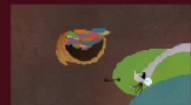


WELCOME TO OUR
THANKSGIVING HEALTHY BREAKFAST



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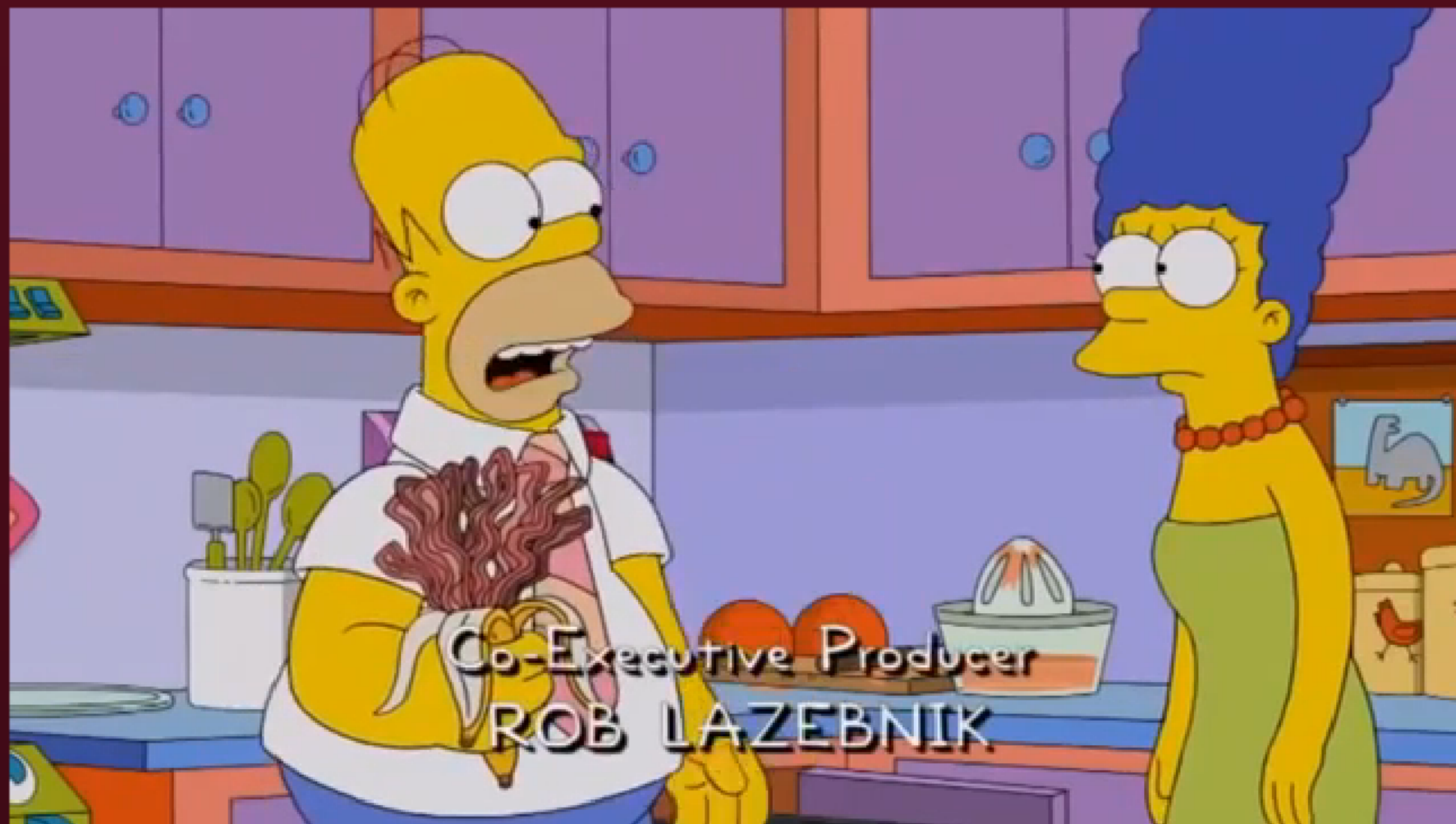
WHY BREAKFAST ?

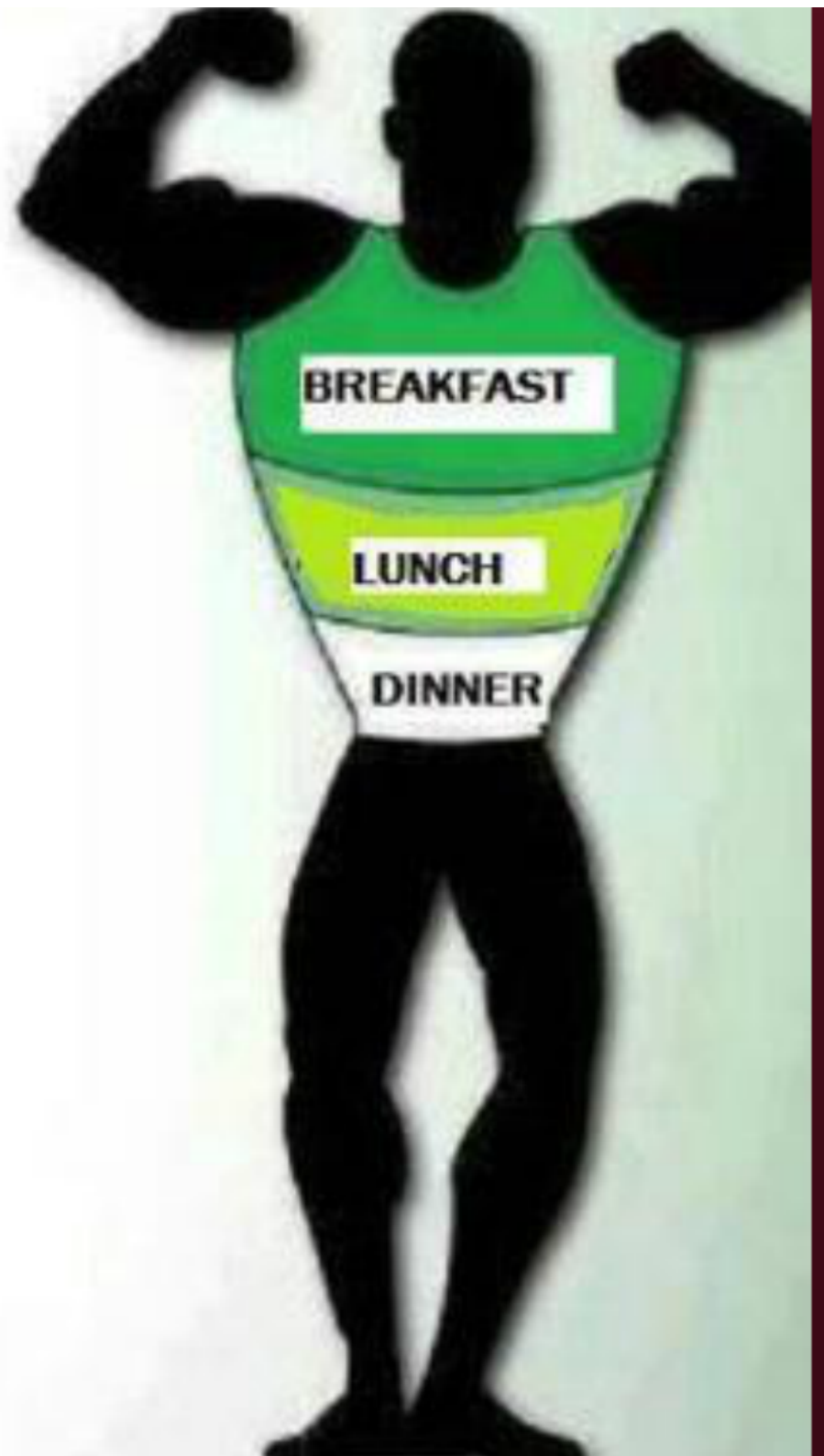
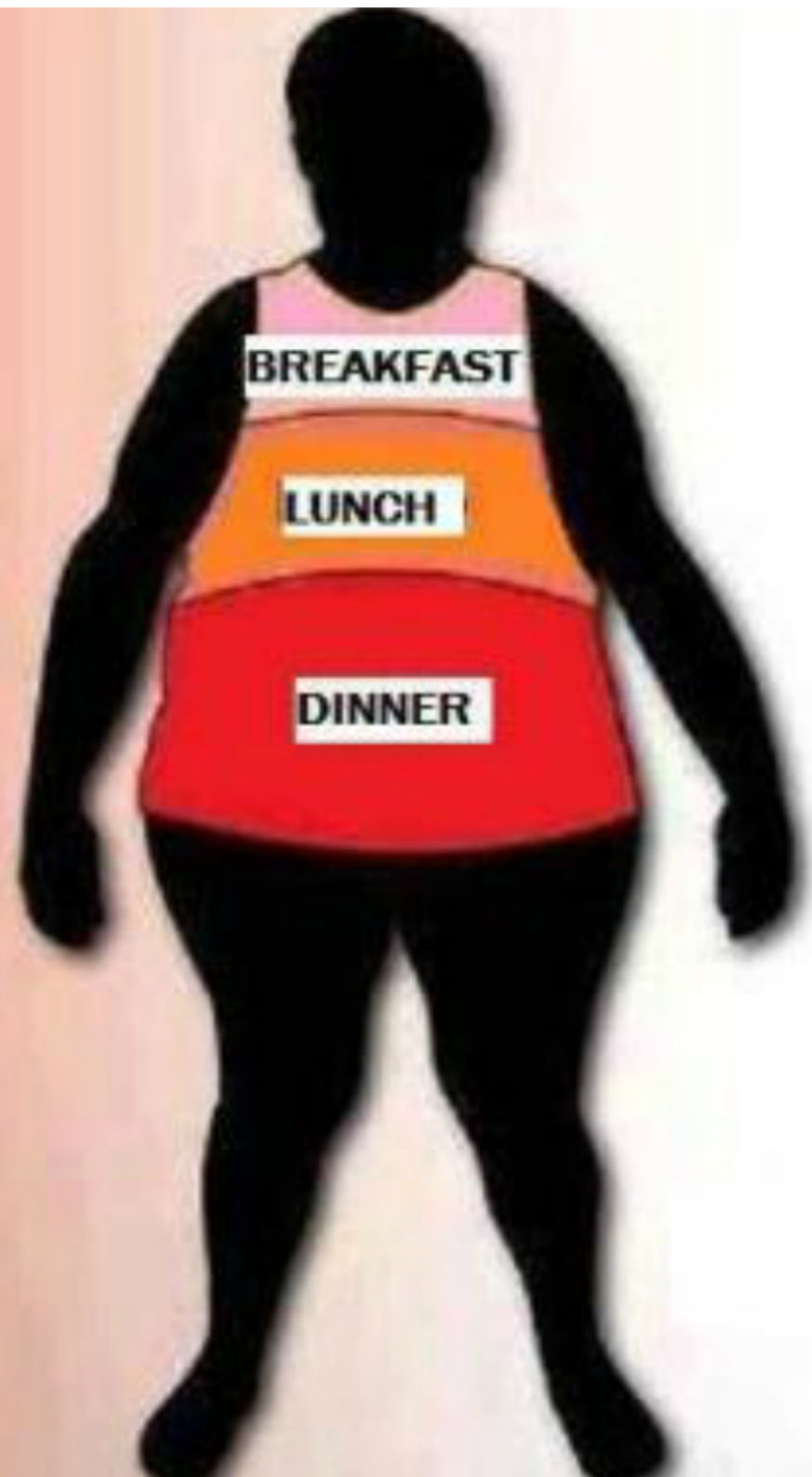
1.- Because skipping breakfast increases the chances of becoming obese, developing diabetes or having high cholesterol.

2.- Stabilize sugar levels so we are less likely to be hungry during the day and less likely to over eat during the day.

3.- It is the key for a better school performance. Our neurons need "sugar" after the long night fast to start working.

HOW?





EAT BREAKFAST

LIKE A KING

—

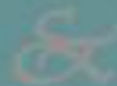
EAT LUNCH

LIKE A PRINCE

—

EAT DINNER

LIKE A PAUPER



Taper your meals for a better
metabolism, and a healthier you!

EAT BREAKFAST
LIKE A KING

EAT LUNCH
LIKE A PRINCE

EAT DINNER
LIKE A PAUPER



Taper your meals for a better
metabolism, and a healthier you!



1.- Take your time, it shouldn't take you more than 10 minutes to have a good breakfast. If you don't feel hungry right after you wake up: Split your breakfast: Eat something before you leave home and make it bigger after a while.

2.- If you don't feel hungry, maybe you have to eat less the night before or change the type of food you have for dinner. You should go to bed at least 90 min. after dinner.

3.- If you are still too lazy, don't forget that there are a great variety of ready to eat cereals or meals. You can have them before you start your school day....

THERE IS NO EXCUSE!!!

WHAT?

1.- Best choice for breakfast is a complete meal, with: proteins, carbohydrates and fats.

2.- If we can't eat everything don't forget that in the morning the most important nutrients are CARBOHYDRATES, VITAMINS and MINERALS. Proteins are better during the night.

Where can you find them.....?

<http://ndb.nal.usda.gov/>

3.- Avoid artificial ingredients and additives and add some FIBER. It will help your digestion.



If you want to learn more, don't forget to visit:

- <http://www.foodnutritionScience.com/>
- <http://news.bbc.co.uk/2/hi/health/2824987.stm>
- http://www.disabled-world.com/artman/publish/healthy_breakfast.shtml
- <http://www.mspSi.es/campannas/campanas06/obesidadInfant5.htm>

**THANK YOU AND DON'T FORGET TO ASK IF YOU HAVE
ANY DOUBT.**