

# Breakfast is the Most Important Meal of the Day.....

Everything you've heard about the importance of breakfast is even more true for your diabetes.

Your body is in fasting mode when it is asleep. Because of that, it can go between 8 and 12 hours without having food. If you have diabetes, your body is not able to keep the sugar levels balanced for your brain to work properly. When you *break-the-fast*, it helps to jump start your brain with the glucose it has been missing while you were sleeping, and it wakes up your metabolism early so that it can use stored fat for energy.



People with diabetes need to eat **three to six SMALL meals a day**, which constantly gives their brain fuel to function and their body constant nutrition to keep burning away the stored fat.



Why are we such sticklers about breakfast? Because morning is the time when many people experience the highest blood sugar levels, and the right type of breakfast can help control them. Coffee and a doughnut aren't helpful, but a whole grain cereal with nuts and fat-free milk, or an egg-based breakfast that is moderate in fat might mean the difference between a normal and a high blood sugar level two hours later.



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Eating the right type of breakfast will not only help control your blood sugar but can help slim you down and reduce your risk of heart disease.

**So, what is a healthy breakfast?** A simple breakfast such as an egg, toast and breakfast meat, can vary greatly in calories, fat grams and carbs.

Let's compare some...



**A So-so Breakfast:**

- **1 fried egg:** 90 calories, 7 grams of fat and 0 carbs
- **1 slice cinnamon swirl toast:** 170 calories, 2 grams fat and 33 carbs
- **Sausage patty:** 230 calories, 22 grams fat, and 1 carb

This breakfast adds up to **490 calories, 31 grams of fat, 34 carbs.**

**A Good Breakfast:**

- **1 poached egg:** 71 calories, 5 grams of fat and 0 carbs
- **1 slice white toast:** 64 calories, 1 grams fat and 12 carbs
- **3 slices bacon:** 103 calories, 8 grams fat and 0 carbs



This breakfast adds up to **238 calories, 13.8 grams fat, 13 carbs.**



**A Better Breakfast:**

- **1 serving Egg Beaters:** 30 calories, 1 gram fat and 1 carb
- **1 slice whole wheat toast:** 87 calories, 1 gram fat and 15 carbs  
2 grams of fiber makes this a better choice than white toast
- **1 serving turkey bacon:** 52 calories, 4 grams of fat and 0 carbs

This breakfast adds up to **169 calories, 6 grams fat, 16 carbs**

**A Much Better Breakfast**

- **1 egg white omelet:** 16 calories, 0 grams of fat and 0 carbs
- **1 slice mixed grain toast:** 75 calories, 1 gram of fat and 12 carbs
- **1 slice of ham:** 46 calories, 2 grams fat and 1 carb



This breakfast adds up to **137 calories, 4 grams fat, 13 carbs**

<b>FIND A HEALTHY BREAKFAST</b>			
<b>So-so</b>	<b>Good</b>	<b>Better</b>	<b>Best</b>
1 egg, fried	1 egg, poached	1/4 cup egg beaters	1 egg white omelet
1 slice cinnamon raisin bread	1 slice white toast	1 slice whole wheat toast	1 slice mixed grain toast
1 sausage patty	3 slices bacon	3 slices turkey bacon	1 slice ham
<b>490 cal, 31 grm fat, 34 carbs</b>	<b>238 cal, 14 grm fat, 13 carbs</b>	<b>169 cal, 6 grm fat, 16 carbs</b>	<b>137 cal, 3 grm fat, 13 carbs</b>

By making a few healthier choices, look at how much less the **Calories, Fat** and **Carbohydrates** are in each meal.