

# Community Health Newsletter

Week Two



## A Healthy Start: A Nutritious Breakfast



A healthy breakfast refuels your body, gives you a chance to start the day with a nutritious meal, and may even benefit your overall health.

*Breakfast supplies important nutrients that are typically not made up during the day.*

### Food of the Week: Bananas

Bananas are the most popular fresh fruit in the U.S. Bananas have no fat and are high in potassium, which also makes them popular with athletes. They are available all year.

Banana Nut Smoothie (makes 4 (1 cup) servings)

2 bananas, ripe  
2 cups pineapple juice  
2 Tbsp creamy peanut butter  
2 tsp plain yogurt  
1 ½ tsp vanilla extract  
6 ice cubes

Combine all ingredients, except nutmeg, in blender. Cover and run on high until smooth and well-blended. Optional, sprinkle with nutmeg.

Nutritional analysis per serving: Calories 177, Total Fat 5g, Calories from Fat 23%, Cholesterol 0mg, Fiber 2g, Sodium 41mg. Source: CDC

### ACTIVITY TIP

Exercise does not require equipment and gyms. You do not have to set aside special time for physical activity. Walk briskly every day. Include the dog and other family members. Clean the house. Put on music, and dance as you clean. Take the stairs instead of the elevator. Stretch or lift hand weights while you watch TV.

Start with a little activity every day. Add a few minutes each week until you reach your goal.

### The basics of a healthy breakfast include:

- a protein-rich food such as low-fat milk, low-fat yogurt, cottage cheese, peanut butter or hard-boiled eggs
- a whole-grain (complex carbohydrate) food such as a whole-grain bagel, hot or cold whole-grain cereals or low-fat bran muffins
- fruits and vegetables (fresh or frozen) especially those rich in vitamin C such as an orange, apple or strawberries

*Read Nutrition Facts labels. Choose cereals and cereal bars with at least 3 grams of fiber and less than 5 grams of sugar per serving. Check the calories.*

To promote consumption, cultivated bananas are sterile fruit (parthenocarpic) with a vestige of seeds. Recent development has produced watermelons with reduced or eliminated viable seeds.

