

# Welcome to the September Statewide Wellness Virtual Lunch and Learn

Hosted by:  
OSHR Worksite  
Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBSNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used.

Visit [www.shpnc.org](http://www.shpnc.org) to learn more.

Let's LUNCH AND LEARN!



# Breakfast Meal Prep

Navigating barriers to breakfast and some  
simple tips to keep in mind!

Presented by Katie Godin, RD, LDN

**LifeStyle**  
MEDICAL CENTER

Evidence-based Lifestyle Modification  
and Medical Nutrition Therapy

# Katie Godin, RD, LDN

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
- Weight Management
- Women's Health
- Sports Nutrition
- Chronic Disease Counseling
- Bariatric Support
- Smoking Cessation
- Sleep Assessment and Stress Management

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# Breakfast: Should we break the fast??

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- The answer is.. It depends!
- If we are skipping...why are we?
  - Are we skipping because of time? We don't like breakfast? We don't have a plan?
  - 15% of Americans tend to skip breakfast
  - 8-12% of school-aged children are skipping breakfast
  - Studies show that skipping breakfast tends to be associated with a higher BMI and an increased risk of obesity BUT is there an exception to this rule of eating Breakfast??



# Intermittent Fasting: What's the scoop?

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- What does the research say?
  - Religious fasting has been around the longest.
  - Types include : Alternate Day , Periodic Fasting (5:2), and time restricted fasting (16:8) for example.
  - Most studies have been on animals vs. Humans
  - Longterm effects require more research but research does suggest short term effects to be improvements in health conditions such as obesity, DM, CVD, and some cancers / neurological disorders.
- Who may benefit from this style of eating?
- Who should be mindful?
  - People to be mindful of fasting should include those with a history of disordered eating / those with Diabetes need to be careful and under strict medical supervision especially if they are on medication and have a risk of hypoglycemia.



# So Breakfast...To Eat or Not to Eat?



- Not everyone HAS to eat breakfast. Achieving optimal health is complex and there isn't just one road to lead you there! Luckily there is something for everyone – and working with a healthcare provider / RD can help guide you in the best direction, and that's the bottom line!
- Remember that achieving optimal health for an individual will encompass more than just what we eat. It also has to do with our lifestyle habits : activity, sleep habits, and stress management. When someone decides to embark on a stricter eating plan for themselves, often times other behavior changes are occurring as well. So most likely the positive health benefits you are seeing, are not just related to the dietary modifications you are making. And Breakfast certainly is not going to be the deciding factor of an individual's health – but it certainly can help!

# Benefits of Breakfast

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- Easier to obtain more nutrients in a total day.
- Better coverage of the current dietary recommendations – especially with children / elderly population.
- Proper pairing of macronutrients at breakfast can aid with fullness and prevention of cravings later in the day.
- Choosing breakfast options higher in protein and fiber may aid with weight management.
- A lot of research is observational (not proving cause and effect). It does show that breakfast eaters tend to have a reduced risk for CVD, DM, Obesity, HTN, Stroke, Abdominal obesity, and elevated LDL (bad cholesterol), however it is not proven that eating breakfast alone is the reason.



# Why are we skipping this meal?

- Time
- Not enough planning
- Unsure of what to eat
- Things are not prepped
- Used to skipping breakfast
- Not hungry when waking (typically caused by eating too late in evening)





# Ways to work through the pesky AM barriers

Make a plan!

Grocery shop and prepare for this meal specifically

Give yourself time in the mornings (10-15 min)

Eat more structured throughout the day

Avoid long distances between meals

Try to avoid eating 2-3 hours before bed. Try a basic 12 hour fast (7p-7a) for example, to ensure hungry when waking in the morning.

Think outside the box with Breakfast foods - doesn't have to be a typical breakfast meal.



# When it comes to Breakfast, what can we include?



- Eggs
- Greek Yogurt
- Cottage Cheese
- Oatmeal
- Whole grain toast
- Nuts / Seeds / Nut Butters
- Avocado
- Chia Seeds
- Berries
- Protein powders / Shakes/ Bar

# Katie's Top Meal Prep Recipes and Easy Breakfast Ideas!

- Blueberry Oatmeal Bake
- Egg Muffin Cups
- Frittata
- Smoothie
- Avocado Toast
- Yogurt Parfait
- Whole Grain waffle with peanut butter + Berries



# References : Websites used to access studies on breakfast and intermittent fasting

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# Let's Cook! Rainbow Frittata

