Rec Tip of the Week (12-18-13)

Curbing those mid morning sweets? (Donuts, sugary bagels, pastries)

Try eating oatmeal as a part of a balanced breakfast to stave off mid morning cravings. Oatmeal is high in fiber, which is slowly digested by the digestive system and therefore leaves you feeling fuller longer. Pairing oats with fruit and yogurt or eggs provides a well balanced breakfast to kick start your day the right way. It is has been suggested that those that eat a healthier breakfast make better choices throughout the rest of the day when it comes to nutrition. Choosing plain oats over instant oatmeal is a much better choice due to the lack of added sugar. Try oatmeal at your next breakfast and see if your daily choices related to nutrition are healthier.