

Mission In Motion

Health & Wellness
Tip of the Week
Week 53



December 30, 2013

Eating breakfast resets your metabolism and results in your body burning more calories. Breakfast provides fuel and nutrition for your body to perform efficiently. An ideal breakfast includes protein and fiber: a peanut butter and banana sandwich on whole wheat bread, a boiled egg with whole wheat toast, some nuts and fruit with yogurt, a bagel or whole wheat English muffin with melted cheese and a tomato.

Source: West Penn Allegheny Health System

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