Eating 9 to 5!

Did you know? Almost 40% of Canadians skip breakfast, increasing their risk for morning brain drain.

Rushed mornings can leave little time for breakfast. If you skip the morning meal, your body and brain will lack fuel. That means you might be less alert and unable to concentrate at work.

You’re also missing out on some big benefits. Eating a healthy breakfast is linked to:

- Healthy weights and reduced weight gain over time.
- Improved appetite control so you can avoid the morning munchies.
- Better intake of key nutrients including calcium, vitamin D, potassium and fibre.

Drive by the drive-thru! Make breakfast ahead so you can skip a coffee and pastry pit stop.

Prepping breakfast ahead helps you avoid morning drive-thru stops. Dietitians dish up five top tips for weekend prep:

1. Make barley, quinoa or oat porridge and refrigerate in portions. Reheat with mix-ins, such as fruit and seeds, in the morning.
2. Bake and freeze whole grain muffins, pancakes and mini frittatas.
3. Stock up on ready-to-eat items such as fruit and containers of yogurt, and pack individual portions of trail mix to grab ‘n’ go.
4. Mix up some muesli with toasted oats, dates, coconut and almonds to enjoy with fruit and yogurt.
5. Make hard-boiled eggs for breakfast on the run. Refrigerate for up to one week.

For a tasty make-ahead breakfast parfait recipe, visit Cookspiration.

Get inspired with recipe ideas from Cookspiration and serve up a nutrition tip a day with eaTipster!
The secret to starting your workday off right? Get it going the night before.

Beat morning mayhem and eat well all day long with these helpful tips for prepping meals and snacks the night before:

- Put dinner leftovers into containers and refrigerate for tomorrow’s lunch.
- Portion and pack lunchbox snacks, such as fruit, vegetables with hummus, or roasted soy nuts.
- Fill up and refrigerate your reusable water bottle for sipping at work.
- Prep breakfast: wash and chop fruit, get out the breakfast dishes and set up the coffee maker.
- Get ready for tomorrow night’s dinner. Cut veggies, cook grains and marinate meat.

Drink. Refill. Repeat. Is this your coffee habit? Just three big mugs of coffee a day could deliver a caffeine surplus.

Too much caffeine can make you lose sleep, cause jitters, stomach upset and increased heart rate in some people. Health Canada recommends that adults have no more than 400 mg of caffeine a day. A big mug, refilled a few times, could put you well over that amount. Here are estimates of how much caffeine is in popular drinks:

- One cup (250 mL) of home-brewed coffee: 80-180 mg
- One cup (250 mL) of home-brewed tea: 25-45 mg
- A large (710 mL) coffee shop latte: 70-150 mg
- One can (355 mL) of cola: 30 mg