

Breakfast on the go

RUN TIME - :51

ANCHOR LEDE

It's important to fuel up to start the day. Breakfast helps improve brain function, blood sugar levels, fatigue and the urge to overeat later.

But sometimes life gets in the way. How can you work a healthy breakfast into a busy lifestyle?

Tim Ditman of OSF HealthCare has more.

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- Meal prep on the weekends.
- Choose healthier versions of breakfast staples. For example, pass on the syrup that has added sugar.
- Get kids involved. Make it a conversation and set expectations early.

\*\*\*SOT\*\*\*

Jill Heitzig, APRN [HITE-zig]  
OSF HealthCare

**"Encourage those better decisions. Push them to make better choices. Give them more options. Kids love to choose. Maybe they'll keep leaning toward those [healthy] options rather than reaching for those sugary cereals and Pop Tarts. Also, let them be involved. Let them make their own yogurt parfait or eggs. I know mornings can be busy, and it's not always possible. But letting them be involved when you're there leads to better decisions on their own later in life." (:34)**

That's OSF APRN Jill Heitzig.

I'm Tim Ditman.

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ANCHOR TAG

Another tip is to avoid the drive thru for breakfast all the time. When you do, choose a healthier option, like something with egg whites or Canadian bacon.

You can visit the [OSF HealthCare website](#) for healthy recipes.