

Breakfast on the go

*****SOT*****

Jill Heitzig, APRN [HITE-zig]

OSF HealthCare family nurse practitioner

"Keep things simple with a protein shake. If you're having a busy day, a protein shake is a quick option to get some calories and protein to make your morning go a little bit better." (:10)

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OSF HealthCare family nurse practitioner

"Once in a while, it's totally fine. But I highly recommend adding a protein, like a breakfast meat. Or, add a fruit. This helps stabilize those blood sugar levels so we don't have those spikes and dips over time." (:16)

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Jill Heitzig, APRN [HITE-zig]

OSF HealthCare family nurse practitioner

"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)