Objectives

- Provide ideas to “power up” your breakfast
- Explain importance of each food discussed
- Provide several tips to prevent weight loss
“Power up” your breakfast

Oatmeal
• Fiber – 4-5 g per serving
• Selenium

Quinoa
• Fiber – 5 g per serving
• Complete protein
• Quercetin and vitamin E

Yogurt
• Rich source of calcium
• Probiotics
“Power up” your Breakfast continued

- Walnuts
  - Alpha-linolenic acid (an omega-3 fatty acid)
  - Melatonin
  - Gamma-tocopheral (vitamin E)
- Seeds
  - Magnesium
  - Iron
  - zinc
  - Protein
  - Dietary fiber
“Power up” your breakfast continued

Flaxseeds
- Fiber
- Alpha-linolenic acid (omega-3)
- Gamma-Tocopheral (vit E)
- Lignans

Berries
- Fiber
- Vitamin C
- Ellagic acid
“Power up” your breakfast continued

- Dried fruit
  - Fiber
  - Potassium
  - Iron
- Pomegranate
  - Fiber
  - Vitamin C
  - Potassium
- Apples
  - Vitamin C
  - Quercetin
“Power up” your breakfast continued

Banana
- Potassium
- Fiber
- Vitamin C

Milk powder
- Protein
- Calcium and Vit D
- B12

Ensure/Boost
- Protein
- ALA – omega 3 – in Ensure
- Prebiotic
Tips to prevent weight loss

- Try small, frequent meals
- Use calorie-rich foods when possible
  - Cheese
  - Peanut butter
  - Nuts/seeds
  - Avocado
  - Oils/butter/margarine
  - Granola
  - Trail mix
  - Supplements/smoothies
Tips to prevent weight loss

- Foods to Avoid
  - Gas-forming foods (broccoli, cabbage, beans)
  - Hot foods (may produce odor)
  - Fatty, greasy foods
- Find out what is causing weight loss
  - Nausea/Vomiting
  - Changes of Taste
  - Mouth Sores
  - No Appetite
  - Diarrhea/Constipation
References/Resources

- American Institute for Cancer Research: [www.aicr.org](http://www.aicr.org)
- American Cancer Society: [www.cancer.org](http://www.cancer.org)
- [www.nutrition411.com](http://www.nutrition411.com)
Thank you

Questions???