

P.A.W.S. Corner

We Are Here To Make Your Life Better

Breakfast on the Go

By: P.A.W.S. Counselor

As a college student we are always on the go. Many of us don't even eat breakfast in the morning because we are in such a rush. Skipping breakfast is a problem because lack of food in the morning has a terrible impact on our health and wellbeing.

We have constantly heard the saying "breakfast is the most important meal." But why is that? While we sleep at night, our body is still at work. It needs to be recharged, which is why we need breakfast to start off our day. Not only does eating a healthy breakfast give us energy, but it also helps to maintain a fast metabolism, which in turn helps to keep pounds off.¹ So, how can a busy college student like you eat a quick and healthy breakfast?

By having a fruit parfait! You can always run down to the cafeteria or Gramercy Café to get a parfait, but it's actually easier and cheaper to make your own at home. All you have to do is purchase plain yogurt, chopped up fresh fruit or a bag of frozen fruits of your choice, and a box of granola. With these 3 simple ingredients, a delicious parfait can be made and to your specifications.

Not only is this a quick and easy breakfast to put together in the morning, or even the night before, it is extremely healthy. According to Registered Dietician Eve Kecskes¹, who has worked with P.A.W.S. in holding nutrition workshops at Baruch College, the yogurt is full of protein so it will keep you satisfied throughout the day. The granola is a wonderful source of fiber to maintain good digestive health, and depending on the fruit of your choice, there are numerous benefits. So what are you waiting for? Go make a quick breakfast and eat healthy!



Weekly Events

Meditation Tuesdays, 1:30p.m. to 2 p.m., NVC Room 3-225

Put Your PAWS On Me, FREE backrubs, every Thursday, 12:30 to 1:30 p.m., NVC Lobby

Meditation Thursdays, 11:30a.m. to 1 2 p.m., NVC Room 3-225

Free Yoga Thursdays, 1p.m. to 2 p.m., NVC Room 3-215

Running Club

Stop by P.A.W.S. Lounge (NVC 3-242) for more information.

February Events

Heart Month Fair:

Thursday, February 16 from 12:30 to 2:30 p.m., NVC Lobby

Who We Are

P.A.W.S. (Peers Advocating for Wellness Services) is foremost a peer counseling, health and wellness program where trained Baruch College students provide confidential assistance to students who request it. Stop by the P.A.W.S. Lounge (NVC 3-242) to learn more!

¹ WebMD staff. (2010). *Healthy eating & diet*. Retrieved on November 16, 2011, from <http://www.webmd.com/diet/guide/most-important-meal>

¹ LIVESTRONG.COM. (2011). *Does eating breakfast raise metabolism?* | [livestrong.com](http://www.livestrong.com). Retrieved on December 1, 2011, from:

<http://www.livestrong.com/article/321836-does-eating-breakfast-raise-metabolism/>

¹ Kecskes, Eve. (2011) *Nutrition by eve*. Retrieved on December 1, 2011: from <http://nutritionbyeve.wordpress.com/>