



FALL 2010

in your element

Get a Healthy Start!

Rushing to school or other activities often makes eating breakfast a challenge. There are lots of benefits to eating a healthy breakfast, such as having more energy to perform your best at school and in sports. Here are a few breakfast ideas and recipes so you can start your day off right and have energy that will last all morning.

Banana Nut Smoothie

Ingredients:

- 1 ripe banana, peeled
- 1 cup pineapple juice
- 1 tablespoons creamy peanut butter
- 1 tablespoons low-fat plain yogurt
- 3/4 teaspoon vanilla extract
- 3 ice cubes
- Nutmeg

Preparation:

1. Combine all ingredients except nutmeg in blender.
2. Cover and mix on high until smooth.
3. Sprinkle with nutmeg.
4. Serve Immediately

Golden Apple Oatmeal

Ingredients:

- 1 Golden Delicious apple, diced
- 1/3 cup apple juice
- 1/3 cup water
- Pinch of cinnamon
- Pinch of nutmeg
- 1/3 cup quick-cook oats, uncooked

Preparation:

1. Combine apples, juice, water, cinnamon and nutmeg in a saucepan and bring to a boil.
2. Stir in oats, cook for 1 minute.
3. Cover and let stand for several minutes before serving.

Here are some breakfast ideas that you can pack up the night before, keep in the fridge, and grab on the way out the door.

- 6oz low-fat yogurt cup with a granola bar
- Peanut butter and jelly sandwich on whole wheat bread
- Granola bar with a piece of fruit and carton of low-fat milk
- 4oz low-fat cottage cheese cup with a piece of fruit
- Yogurt smoothie with a granola bar
- English muffin with 1 tablespoon peanut butter and a carton of low-fat milk
- One serving of whole grain cereal (in a to-go container), milk and a piece of fruit





Keeping Track of Your Holiday Green

Gift giving time is just around the corner, and like most people, it's very easy for your holiday spending to get out of hand. With the convenience of just sliding that card through the reader, it's become second nature to just swipe it and forget it.

By practicing the following tips now, they'll become habit by the time your holiday shopping season is in full swing.

- **Set a Limit.** Ideally, setting a limit on spending per gift should help you stay within a set budget. But if that doesn't work...
- **Keep all receipts in your wallet.** This will prevent losing them on your trek through the mall.
- **Check your account twice daily.** This will help you get an idea of how much money you've spent.
- **Total your receipts.** And make sure the amount spent reflected in your account matches the amount totaled from your receipts.

Remember, it may take a couple of days for purchases to appear in your account. So make sure to pay attention to dates too.



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