

Breakfast



5 key reasons not to skip breakfast:

1. It kick starts our metabolism - speeding it up and burning calories rather than storing them.
2. It boosts our nutrient intake - breakfast eaters have a lower fat intake, a higher fiber intake and significantly higher intakes of vitamins and minerals, especially calcium, iron and magnesium.
3. It helps prevent binge eating - hunger will be better regulated and less calories are consumed from unhealthy foods.
4. It improves our memory and concentration - those who eat a healthy breakfast concentrate better, are more efficient, and have improved mood (compared to those who skip breakfast).
5. Weight maintenance - those who eat breakfast are more likely to maintain a healthy weight.

What should breakfast consist of?

A perfect breakfast has three components (totaling around 300 calories):

- **One serving of a whole grain carbohydrate (carb)**
- **One serving of a dairy or high-calcium food**
- **One serving of fruit**

A serving of lean protein (ham, turkey/soy bacon, turkey/soy sausage, egg, peanut/nut butter) in place of the fruit may benefit persons with diabetes whose blood sugar spikes eating the above breakfast. Those without diabetes may not benefit from extra protein.

Whole grain carb	Low fat dairy	Fruit	Lean protein
½ cup cooked oatmeal	½ cup skim milk	½ cup juice	2 egg whites
½ - 1 cup whole grain cereal	1 cup skim milk	1 small fruit	2 Tbsp peanut butter
½ whole wheat English muffin or bagel or pita	6 oz low-fat, light yogurt or ¼ cup low-fat cottage cheese	½ cup canned fruit (juice pack)	2 Tsp other nut butters (almond, cashew, soy)
1 slice whole wheat bread	4 oz low-fat yogurt	¾ cup berries	1 oz ham
granola bar or muffin (< 200 calories, ≤ 5 g fat, ≤ 8 g sugar)	1 cup low-fat milk (1%, ½%, skim)	¼ cup dried fruit	1 oz turkey/soy bacon or sausage
1 whole wheat tortilla	1 oz low-fat cheese	½ cup juice	¼ cup mixed nuts

High Fiber cold cereals (those with more than 8 grams fiber per serving):

General Mills: Fiber One; Multi-Bran Chex

Kashi: GoLean; GoLean Crunch; GoLean Crisp; Good Friends; CinnaRaisin Crunch

Kellogg's: All-Bran Original; Raisin Bran; Wheat 'N Bran Spoon Size

Breakfast Options:

- A bowl of high-fiber, multi-grain cereal, strawberries and fat free milk.
- A granola bar, a fruit and a cold glass of fat free milk.
- A cup of nonfat yogurt with fresh berries and topped with ½ cup low-fat granola.
- A scrambled egg, a whole wheat roll, fresh fruit salad and a cup of fat free milk.
- A small low-fat muffin, a cantaloupe wedge and a cup of latte (skim milk).
- Spread apple slices with peanut butter. Have with a small glass of chocolate milk.
- **Choose these toppers for your (whole wheat) bagel, english muffin or toast:**
 - Two Tbsp nonfat cottage cheese sprinkled with flaxseed
 - One slice low-fat cheese melted over a slice of mango
 - Two Tbsp peanut or nut butter with a sliced banana
 - One slice baked ham and one sliced tomato
 - Melted low-fat mozzarella cheese and a sliced tomato.



10 Quick Breakfast Preps:

1. Make sweetened brown rice, barley, or quinoa. Cook the grain the night before. In the morning, put it in a bowl with a spoonful of honey, a handful of raisins, a cut-up apple and a sprinkle of cinnamon.

2. Make a fruit smoothie. Put ½ cup of fruit (strawberries, banana, kiwi, berries); ½ cup unsweetened orange juice and 1 cup plain yogurt in the blender. Add a scoop of protein powder and a cup of crushed ice and you've got a healthy, on-the-go breakfast.

3. Make your own granola. Most store-bought brands are filled with sugar and fat. Mix 2 cups rolled oats with 1 cup dried fruits and seeds and a little brown sugar. Toast 3-5 minutes in a warm oven and store in an airtight container.

4. Sprinkle a whole wheat burrito with 2 ounces grated, low-fat cheddar cheese and broil for 3 minutes. While it's cooking, peel and eat a fruit.

5. Make a blob. Mix 1/2 cup peanut butter, 1/4 cup nonfat dry milk, 3 cups crushed flake cereal, and 2 tablespoons honey. Form into "blobs" (should make 10 blobs). Wrap each blob in plastic wrap and refrigerate. Grab a couple with a cup of skim milk and go!

6. Breakfast on a banana. Crush cold cereal in a sandwich baggie, add a peeled banana and coat with the cereal.

7. Breakfast burrito - scrambled eggs or tofu, chopped tomatoes, onion, peppers and a little grated reduced fat cheese, wrapped in a whole wheat tortilla.

8. Trail Mix. Mix ½ cup Wheat Chex or Mini Wheats, dried fruit, mixed nuts in a snack size baggie and eat on the way to work with a thermos cup of 1%, ½% or skim milk.

9. Have lunch for breakfast. Have whole wheat toast topped with 2 Tbsp tuna (made with low-fat mayo), lox or canned or smoked salmon. Have a bowl of soup.

10. Heart Health Tips:

a. Sprinkle a teaspoon of ground flaxseed on your cereal, yogurt, smoothie, or eggs. Flaxseed is an excellent sources of omega-3 fatty acids.

b. Use Benecol, Take Control, or Smart Balance instead of butter. Just 2 Tbsp daily can significantly lower your total cholesterol level.