

Class 2-5: Good Morning Breakfasts Trainers' Guide



Learning Objectives:

At the end of these four sessions, participants will be able to:

1. discuss at least two reasons breakfast is an important meal;
2. demonstrate at least one way to cook an egg and discuss the nutritional benefits of eggs;
3. demonstrate how to make and cook a batter for pancakes, waffles or French toast, and also discuss at least two options for making those foods healthier;
4. demonstrate how to make smoothies or fruit parfaits and discuss how to make these healthy breakfast options
5. discuss at least three key components of a well-planned, healthy breakfast

Topic:



Class 2a - Why is breakfast important and Class 2b - Mastering the Egg

Talking Points:

1. Health benefits of breakfast

- a. Breakfast enhances your body's metabolism.
 - i. Breakfast is the first meal you eat after night long fast hence it is the most important meal to jump-start your metabolism.
 - ii. When you skip a meal your brain signals your body's metabolism to s-l-o-o-o-w down and, as a result, your blood sugar drops. If your metabolism is lagging than you can not burn calories efficiently.
- b. Eating breakfast improves your daily nutrient consumption.

Even a simple breakfast can provide you with a large amount of vitamins like vitamin B6, A, minerals like calcium, iron, etc.
- c. Breakfast is essential for improving your concentration and productivity throughout the day.
 - i. Children who eat breakfast have shown greater improvements in standardized test scores and increased ability to concentrate in class; they also are more alert and creative.
 - ii. Likewise, adults are better able to perform in an office or work environment if they have taken the time to eat breakfast.

d. Eating a healthy breakfast plays an important role in controlling weight gain.

- i. Eating breakfast is a daily habit for the "successful losers" who belong to The National Weight Control Registry. These people have maintained a 30-pound (or more) weight loss for at least a year, and some as long as six years. 78% reported eating breakfast every day, and almost 90% reported eating breakfast at least five days a week - which suggests that starting the day with breakfast is an important strategy to lose weight and keep it off,
- ii. A cross-sectional study of over 4,200 men and women published in the Journal of the American Dietetic Association divided the study subjects into three groups: Those who didn't eat breakfast, those who ate breakfast, and those who ate ready-to-eat cereal for breakfast.

Those who ate high fiber cereal had the lowest BMI (Body Mass Index), and those who skipped breakfast had the highest.

e. Breakfast keeps you energized the whole day and controls your hunger pain and snacking urges.

2. What makes a good breakfast:

a. Strive for 5

- i. 5 grams of fiber
- ii. 5 grams of protein

b. Think three types of foods:

- i. **Whole grains for energy and fiber:** Whole grains may be cold or hot cereals; whole grain toast, English muffins, or bagels; or even leftover brown rice from dinner.

1. **Look for Whole Grain:** When choosing cereals, look at the list of ingredients on the label.



- a. The first ingredient should be a "whole" grain, which implies less processing and less added sugar.
- b. Consider a cereal that is fortified with a variety of vitamins and minerals.
- c. Add variety to your morning by mixing handfuls of three different cold cereals together for a completely new taste.
- d. Add a tablespoon of bran to your cereal for crunch, fiber, and vitamins.
- e. **Add Your Own Sweeteners:** Instead of buying pre-sweetened and flavored hot cereals, make your own! Add applesauce, dried fruit, or diced fresh fruit; sprinkle with a small amount of brown sugar and cinnamon and enjoy!
- f. **Avoid so-called "breakfast bars:"**
 - i. Usually the first ingredient in a bar is sugar, followed closely by refined flour.
 - ii. Most breakfast bars are nutritional in name only. Instead,
 - iii. Opt for whole grain toast, bagels or English muffins. Top with peanut butter, jam, or even cottage cheese sprinkled with cinnamon.

2. **Eat fruit for even more fiber and for vitamin power:** Many people eat fruit only once a day: with breakfast. You may gag at the thought of a banana every day, but we can be more creative than that!

- a. Fresh berries taste great on a host of cold cereals.
- b. Melon mixed with oatmeal is a real treat.
- c. Make fruit salad for dinner, and eat the leftovers for breakfast, mixed with yogurt and low-fat granola.



- d. Make a "pizza" from leftover or frozen pancakes or waffles: top with yogurt, add cut-up fruit and a drizzle of maple syrup.
- 3. **Eat protein for lasting energy:** Foods containing protein add additional punch to breakfast. They also keep our hunger satisfied longer and make breakfast a complete meal.
 - a. Dairy products such as milk and yogurt are excellent sources of protein.
 - b. The traditional egg for breakfast also supplies protein, but often with a not-so-healthy dose of fat.
 - i. Try poached or boiled eggs with whole grain toast.
 - ii. You can even make your own "egg McMuffin": Top a whole-grain English muffin with an egg (fried in a non-stick skillet with cooking spray) and a slice of low-fat cheese.
 - c. Instead of high-fat sausage or bacon, try Canadian bacon. It has far less fat than regular bacon, with a wonderful taste.
 - d. Many people like egg substitutes. Make them into omelets filled with vegetables; scramble with bits of Canadian bacon; try them in French toast!

3. Mastering the Egg

a. Nutritious

- i. Eggs are a naturally nutrient-dense food, which means they have a high proportion of nutrients to calories. One large egg has only 75 calories and provides 13 essential nutrients in varying amounts.
- ii. A 2007 study of 9,500 people reported in *Medical Science Monitor* showed that eating one or more eggs a day did not increase the risk of heart disease or stroke among healthy adults, and that eating eggs may be associated with a decrease in blood pressure.

b. How to Cook Eggs

i. Boiled Eggs



1. Start with eggs with no visible cracks:
2. Do not add salt to water. The salt will raise the boiling point of the water making the egg whites rubbery
3. To get perfectly peeled hard-cooked eggs, use eggs that are at least 3 to 5 days old:
4. Bring your eggs to room temperature before cooking:

5. **Technique for hard-cooking eggs:**

- a. Gently place the eggs in a single layer in a pan with enough cold water to cover eggs completely



- (approximately by 1 inch).
- b. Place over high heat, bring water JUST to a rapid boil. As soon as the water reaches a rapid boil, remove pan from heat and cover egg pan tightly with a lid.
- c. Set timer for 17 minutes for large eggs or 20 minutes for jumbo eggs.
- d. After exactly 17 or 20 minutes (depending on size of your eggs), remove from heat and drain off water from the eggs. Transfer the eggs to the bowl of ice cubes and cold water.
- e. Let eggs cool at least 10 minutes in cold water, then drain. Either store in refrigerator or peel the eggs and then refrigerate them
- f. Cooking times for large eggs

Large	Soft-cooked yolk	4 to 5 minutes
	Medium-cooked yolk	6 minutes
	Hard-cooked yolk	17 minutes



6. **Techniques for scrambled eggs**
- a. The secret to successfully scrambling eggs is slow cooking
 - b. Always remove scrambled eggs from the heat when they are almost set but still appear shiny and a bit underdone.
 - c. After removing the pan with the scrambled eggs from the heat, add a teaspoon of cold skim milk for each four eggs and stir fast for a second. This is to stop the cooking, which would otherwise continue for a few minutes by the internal heat retained by the eggs. Without this last step, the eggs would be overcooked and dry.
 - d. **Microwave:** In a custard cup, beat together eggs, milk, and salt and pepper (if desired). Cook on full power, stirring one or twice, 1 to 1 1/2 minutes or until almost set.

7. **Let's Practice: Breakfast in a Cup** (Yield: 6 servings)

Ingredients:

- 4 oz. turkey sausage
- 1/2 cup frozen chopped onion and green pepper blend
- 1 1/4 cup fat-free liquid egg substitute or 5 eggs
- 1 can (12 oz.) mushroom stems and pieces
- 1/2 cup reduced-fat shredded cheddar cheese
- 6 English Muffins (optional)

1. Crumble turkey sausage and chopped onion/green pepper mix onto a paper towel on a plate. Cover with another paper towel and microwave on "high" for 2-3 minutes until cooked, stirring at least twice. Cool slightly.
2. Place cooked sausage and vegetables in a bowl. Stir in egg substitute or eggs, and mushrooms.

3. Spoon mixture evenly into a 6-cup silicone muffin cups or 6 microwave-safe ramekins that have been sprayed with non-stick spray. Sprinkle with cheese.
4. Place in microwave, cover with plastic wrap and cook on “high” 1½ -2½ minutes, or until set. Time will vary depending on power of microwave oven.
5. Eat as is, or place on a toasted English muffin and eat as a sandwich