

Class 4: Let's practice: Other Breakfast Items– fruit, yogurt, and cereals



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 sl-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 great 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 snaking 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:"**
 - g. Usually the first ingredient in a bar is sugar, followed closely by refined flour.
 - h. Most breakfast bars are nutritional in name only. Instead,
 - i. Opt for whole grain toast, bagels or English muffins. Top with peanut butter, jam, or even cottage cheese sprinkled with cinnamon.
2. **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. **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. Ideas for fruit, yogurt, and cereals

Strawberry-Banana Parfaits

You're 5 ingredients and 10 minutes away from dipping into a deliciously layered dessert or snack of yogurt, fruit and high-fiber cereal. From *eatbetteramerica*.

Prep Time: 10 min

Start to Finish: 10 min

makes: 4 servings

2 containers (6 oz each) Yoplait® Original 99% Fat Free strawberry yogurt

2 cups Fiber One® Honey Clusters® cereal

1 cup sliced fresh strawberries

1 medium banana, thinly sliced

4 whole fresh strawberries

1. In each of 4 (10-oz) plastic cups or parfait glasses, layer 2 tablespoons yogurt, 1/4 cup cereal, 1/4 cup strawberry slices and 1/4 of banana slices.
2. Top each with 2 tablespoons yogurt, 1/4 cup cereal and remaining yogurt. Garnish top of each parfait with whole strawberry.

Fruit Wraps with Dipping Sauce

Like a warm fruit turnover without all the fuss. From *Prevention Healthy Cooking*.

Prep Time: 20 min

Start to Finish: 40 min

makes: 4 servings

Dipping Sauce

1 cup low-fat vanilla yogurt

2 teaspoons finely chopped crystallized ginger

2 tablespoons orange juice

Fruit Wraps

2 Golden Delicious apples, peeled and sliced

2 peaches or 1 mango, peeled and sliced

4 slices canned pineapple, halved

2 tablespoons orange juice

4 teaspoons sugar

1/2 teaspoon pumpkin pie spice

4 whole wheat tortillas (8" diameter)

1. To make the dipping sauce: In a small bowl, mix yogurt, ginger, and orange juice. Cover and refrigerate.
2. To make the fruit wraps: Preheat the oven to 425°F. Coat a large nonstick baking sheet with cooking spray. Add apples, peaches or mango, pineapple, orange juice, sugar, and pumpkin pie spice. Toss to coat and spread in a single layer. Bake 10 to 15 minutes, or until fruit is tender.
3. Place one-fourth of warm fruit down the center of each tortilla. Roll up like an envelope and place, seam side down, on a nonstick baking sheet. Bake 8 to 10 minutes, or until crisp and golden. Cut each wrap in half diagonally. Serve with sauce.

Crunchy Trail Mix Bars

Cheerios® cereal combines with trail mix for a super on-the-go grabber in 30 minutes. From *eatbetteramerica*.

Prep Time: 20 min

Start to Finish: 30 min

makes: 36 bars

- 4 cups Cheerios® cereal
 - 3 cups trail mix (seeds, nuts and dried fruits)
 - 1/4 cup margarine or butter
 - 1 cup packed brown sugar (or use brown sugar Splenda)
 - 2 tablespoons Gold Medal® all-purpose flour
 - 1/2 cup light corn syrup
1. Grease 13x9-inch pan with shortening, or spray with cooking spray. In large bowl, mix cereal and trail mix; set aside.
 2. In 2-quart saucepan, melt margarine over medium heat. Stir in brown sugar/sugar sub, flour and corn syrup. Cook, stirring occasionally, until mixture comes to a full boil. Boil 1 minute, stirring constantly.
 3. Pour mixture evenly over cereal mixture; toss to coat. Press mixture in pan. Cool 10 minutes. For bars, cut into 6 rows by 6 rows.

Nutritional Information

1 Bar: Calories 130 (Calories from Fat 45); Total Fat 5g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg; Sodium 65mg; Total Carbohydrate 19g (Dietary Fiber 3g, Sugars 11g); Protein 2g % **Daily Value***: Vitamin A 0%; Vitamin C 0%; Calcium 2%; Iron 6% **Exchanges:** 1 Starch; 0 Other Carbohydrate; 0 Vegetable; 1 Fat **Carbohydrate Choices:** 1 **MyPyramid Servings:** 1 oz-equivalents Meat & Beans

*% Daily Values are based on a 2,000 calorie diet.

MyPyramid Servings 1 oz-equivalents Meat & Beans

Creamy Apple-Raisin Oatmeal (*Cooking for 2*)

Start your day with 10-minute oatmeal laced with vanilla yogurt and brown sugar. From *eatbetteramerica*.

Prep Time: 10 min

Start to Finish: 10 min

makes: 2 servings (3/4 cup each)

J Johnston, KUSM-W 2014

Healthy Congregations

2/3 cup quick-cooking oats
2 tablespoons raisins
1 1/3 cups apple juice
1/4 cup Yoplait® Original 99% Fat Free French vanilla yogurt (from 6-oz container)
1 tablespoon packed brown sugar, if desired

1. In 4-cup microwavable measuring cup, stir oats, raisins and apple juice until well blended.
2. Microwave on High 2 to 3 minutes, stirring every 30 seconds, until thickened. Top each serving with yogurt; sprinkle with brown sugar.

High Altitude (3500-6500 ft): No change.

Nutritional Information

1 Serving: Calories 250 (Calories from Fat 20); Total Fat 2g (Saturated Fat 1/2g, Trans Fat 0g); Cholesterol 0mg; Sodium 25mg; Total Carbohydrate 51g (Dietary Fiber 3g, Sugars 27g); Protein 5g % **Daily Value***: Vitamin A 4%; Vitamin C 0%; Calcium 8%; Iron 10% **Exchanges:** 1 1/2 Starch; 2 Other Carbohydrate; 0 Vegetable **Carbohydrate Choices:** 3

1/2 **MyPyramid Servings:** 3/4 c Fruits, 1 oz-equivalents Grains

*% Daily Values are based on a 2,000 calorie diet.

MyPyramid Servings 1 oz-equivalents Grains, 3/4 c Fruits

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Baked Apple Oatmeal

Good morning to the old-fashioned goodness of oatmeal baked a new-fashioned way with tart apples. From *eatbetteramerica*.

Prep Time: 15 min

Start to Finish: 1 hr

makes: 8 servings

2+2/3 cups old-fashioned oats
1/2 cup raisins
4 cups fat-free (skim) milk
1/3 cup packed brown sugar
2 tablespoons butter or margarine, melted

1 teaspoon ground cinnamon
1/4 teaspoon salt
2 medium apples, chopped (2 cups)
1/2 cup chopped walnuts, if desired
Additional fat-free (skim) milk, if desired

1. Heat oven to 350°F. In 2-quart casserole, mix oats, raisins, 4 cups milk, the brown sugar, butter, cinnamon, salt and apples.
2. Bake uncovered 40 to 45 minutes or until most liquid is absorbed. Top with walnuts. Serve with additional milk.

Nutritional Information

1 Serving: Calories 260 (Calories from Fat 45); Total Fat 5g (Saturated Fat 2 1/2g, Trans Fat 0g); Cholesterol 10mg; Sodium 150mg; Total Carbohydrate 45g (Dietary Fiber 4g, Sugars 24g); Protein 9g % **Daily Value***: Vitamin A 8%; Vitamin C 0%; Calcium 20%; Iron 10% **Exchanges:** 1 1/2 Starch; 1 Fruit; 0 Other Carbohydrate; 1/2 Skim Milk; 0 Vegetable; 1/2 Fat **Carbohydrate Choices:** 3 **MyPyramid Servings:** 1/2 c Dairy, 1 tsp Fats & Oils, 1/4 c Fruits, 1 oz-equivalents Grains

*% Daily Values are based on a 2,000 calorie diet.

MyPyramid Servings 1/2 c Dairy, 1 tsp Fats & Oils, 1/4 c Fruits, 1 oz-equivalents Grains

Breakfast Fruit Shake (Yield: 2 shakes)

1¼ cups fresh or frozen fruit (strawberries, peaches, nectarines, blueberries, etc.)
½ cup skim milk
½ cup plain, fat-free yoghurt
1 Tbsp. honey
3 large ice cubes
Additional fresh fruit to garnish (optional)

Place fruit, milk, yoghurt, and honey in blender container. Cover and blend until smooth. With the blender running, add ice cubes one at a time through the opening in the blender lid. Blend until ice is crushed and the mixture is smooth. Pour into two tall glasses. Garnish, if desired, and serve immediately.

Berry Banana Smoothie (Yield: 2 smoothies – 8 oz. each)

1 small banana, peeled, cut up and frozen

¼ cup fresh or frozen assorted berries (Raspberries, blackberries, and/or strawberries)

1 cup orange juice

3 Tbsp. vanilla low-fat yoghurt

Additional fruit to garnish (optional)

Combine frozen banana pieces, berries, orange juice and yoghurt in a blender container. Cover and blend until smooth. Pour into 2 tall glasses. Garnish, if desired, and serve immediately.