



Breakfast – Important for Everyone

You probably have more than once told your children and grandchildren how important it is to eat breakfast. Do you eat breakfast every day? Often adults think it is an important meal for children, but don't realize how important it is for everyone.



Many people skip breakfast. The reasons people skip breakfast include; not hungry, don't have time, or think it is healthy to fast.

Why Eat Breakfast

There are many good reasons to eat breakfast:

- It helps to “break” the fast since the last meal eaten the night before.
- It gives you energy throughout the morning and you are more able to focus.
- Children who eat breakfast are able to pay attention in school and have more energy.
- People who eat breakfast are less likely to overeat at lunchtime.

A recent study of 4,218 adults reported in Tufts University Health and Nutrition Letter showed that women who ate breakfast, especially cereal, were less likely to be overweight. It was not possible to know if it was the cereal. But the study did show eating breakfast helps keep women from snacking and filling up with fatty foods later in the day. Breakfast-eating women were also more likely to make healthy meal choices during the rest of the day.

Planning a Healthy Breakfast

The key to planning a healthy breakfast is to pick from 3 to 5 food groups of MyPyramid. This will provide a variety of food and get you off to a good start in getting the nutrients you need for the day. For example a simple breakfast of a bowl of cereal with milk and a piece of fruit includes foods from 3 of the food groups – grains, milk and fruit. A meal of an egg, slice of whole grain toast, ½ cup of juice and a cup of milk included foods from 4 of the food groups – meat and beans, grains, fruit and milk.

Quick and Easy Breakfast Ideas

Breakfast can be made of many different foods including leftovers and non-traditional breakfast food.

- Cornbread with an orange and a glass of low-fat milk
- Tortillas with beans and a glass of juice
- A bowl of vegetable soup with crackers and cheese
- Graham crackers with peanut butter and an orange
- Cheese and crackers and an apple
- Cereal with low-fat milk and juice
- Hard cooked egg, a slice of whole wheat toast and a small bowl of strawberries.
- Peanut butter sandwich and a glass of low-fat milk

Resolve in the New Year to start everyday off right with a healthy breakfast.

Resolution Number 1: **Healthy Breakfast**

2 slices Cinnamon French Toast with ½ cup warm unsweetened applesauce
Coffee or Tea

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Cinnamon French Toast

- 1/3 cup low-fat milk
- 1 egg, lightly beaten
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- ¼ teaspoon vanilla extract
- 2 slices white or whole wheat bread
- ½ teaspoon soft margarine

In a shallow pan combine milk, egg, cinnamon, salt and vanilla. Dip each bread slice into egg mixture, coating each side well.

In large nonstick skillet, melt margarine over medium heat. Cook bread for 2 minutes each side or until golden brown.

Oven preparation: Melt margarine in nonstick baking pan in 400°F oven. Place dipped bread slices on pan. Bake for about 10 minutes per side. Makes 1 serving.

Nutrition information per serving: 288 calories, 14 g protein, 10 g fat, 33 g carbohydrate.

Make extra French toast. Allow to cool completely before wrapping each slice separately for the freezer.

