

A FAST BREAK IN THE MORNING

Does the thought of breakfast make you groan? Almost one third of Canadian adults do not eat breakfast regularly, even though it does not have to take long to make or eat. Here are five good reasons to make breakfast a habit:

1. Needed Nutrients

If you are not a breakfast eater, you may not meet your daily needs for calcium, iron, thiamin (vitamin B1) and fibre. Since many Canadians do not get enough of these nutrients, good choices at breakfast can help fill these needs.

2. Healthy Weight

Breakfast is important for maintaining a healthy weight. If you skip breakfast, chances are you will choose less-nutritious snacks once you do feel the need to eat. Breakfast skippers tend to do most of their eating in the evening when their bodies are slowing down. This means that their bodies may adjust to store those calories as body fat.

3. "Healthy at Heart" Breakfasts

Eating breakfast can be one step towards a healthy heart. According to a U.S. survey, people who regularly eat breakfast have lower blood cholesterol levels than people who skip breakfast. Your blood cholesterol level depends on many factors, including the amount of fat and fibre in the foods you eat. Breakfast foods that are low in fat and high in fibre may help keep blood cholesterol at a healthy level.

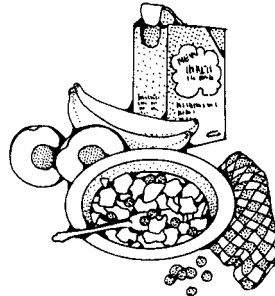
4. All In a Day's Work

Breakfast may have a noticeable effect on a person's performance during the day. Studies of people whose jobs involve physical work show that those who missed breakfast cannot work as hard by lunch-time. Research also shows that

the problem-solving skills needed for school-work are not as sharp in children and teens who have missed breakfast.

5. Setting an Example

A family's breakfast routine will influence the eating habits children carry throughout life. Introducing children to a variety of tasty foods at breakfast help them to develop healthy habits.



BREAKFAST – QUICK AND EASY

- Breakfast can be eaten later in the morning. It does not have to be eaten the moment you step out of bed. You may want to eat something, like yogurt or a sandwich, when you are having a morning break.
- Breakfast can be wholesome without being fancy. Quick-fix ideas can give you a good start in the morning. How about cold, whole-grain cereal with low-fat milk and fruit, or a bagel and cheese with juice?
- If you are driving to work, a bite before leaving may make you a more responsive driver.
- If you are short on time, take along some fruit, cheese, crackers or other nibblers, to make breakfast quick and inexpensive. Eat when you arrive at your destination. Eating while driving may take your eyes and attention off the road.



Nutrition
Matters

- Carry-overs from last-night's dinner may make an interesting morning meal. Try cold pizza, macaroni and cheese, rice dishes, casseroles...

Breakfast Grocery List

Why not pick up some of these items to use for breakfast?

- ✓ whole grain bagels, breads, buns, pitas...
- ✓ whole grain cereals, served cold or hot
- ✓ rice
- ✓ fruit: apples, berries, grapes, bananas...
- ✓ 100% fruit or vegetable juice
- ✓ vegetables: tomatoes, peppers, mushrooms...
- ✓ soups
- ✓ dried fruits and nuts
- ✓ skim, 1% or 2% milk
- ✓ low-fat yogurt, cottage cheese or cheeses
- ✓ sliced ham, turkey or roast beef
- ✓ eggs
- ✓ peanut butter
- ✓ jams, jellies, sugar, syrup, honey

Eating Breakfast Out

Many fast-food restaurants now offer a breakfast, but most of the entrées are high in fat. Here are some choices you can make to "cut the fat" from these breakfasts:

- Ask for your toast or English muffin dry and use jam instead of margarine or butter.
- Choose poached egg on dry toast instead of scrambled eggs with sausage and hash browns.
- Have pancakes with syrup, jam, or fruit instead of butter.
- Ask for low fat milk like 2%, 1% or even skim for cereal, to drink or for your coffee or tea.
- Grab a bagel and cheese instead of an iced, honey dipped or filled donut.
- Make yours a low fat muffin instead of a croissant.

Breakfast Recipes

Look for new breakfast ideas in your favourite cookbooks.

Since you control the ingredients, homemade breakfast foods can be more nutritious than the same foods bought from a store or restaurant.

You may want to start by trying these recipes:

Berry Shake - Serves 2

- 2 c. skim milk
- 1 c. fresh/frozen berries
- 1 tbsp. liquid honey
- 1/2 c. low-fat yogurt (less than 2% M.F.)

- Blend milk and berries.
- Continue to blend, adding honey and yogurt.

Nutrition information per serving:

192 Cal. - 2g fat - 3g fibre

Carrot Bran Muffins - Makes 12 big muffins.

For fresh muffins in a snap, freeze some and heat them up just in time for breakfast.

- 1 1/4 c. whole wheat flour
- 1 1/4 c. high-fibre bran cereal
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. to 1 tbsp. ground cinnamon (to taste)
- 1/2 tsp to 2 tsp. ground nutmeg (to taste)
- 1/2 tsp. salt
- 1 whole egg + 1 egg white
- 1 c. grated carrots
- 3/4 c. low-fat yogurt (less than 2% M.F.)
- 1/3 c. brown sugar
- 1/4 c. vegetable oil
- 1/2 c. raisins

- Combine dry ingredients in a large bowl.
- Combine moist ingredients in a small bowl.
- Add the moist ingredients to the dry ingredients, mixing until just blended.
- Fill non-stick muffin tins 3/4 full.
- Bake at 400°F for 20 minutes, until done.

Nutrition information per muffin:

206 Cal. - 7g fat - 6g fibre