

Tune in and Find out How to Get your Family to Eat Breakfast Every Single Day of the Week!

(Yes, You Can!)

**It is true what Mom said about
breakfast.....**

FAMILY BREAKFAST & BRUNCHES

By Kindy Peaslee, Registered Dietitian

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Mom always said breakfast was the most important meal of the day, and a new review of recent scientific studies of children's breakfast consumption indicates she may have been on to something.

A group led by researchers at the University of Florida found that, even though the quality of breakfasts varied, children who consistently ate breakfast had "superior nutritional profiles" than those children who skipped breakfast.

Yes, nutritionally superior! You read it right and review of the studies also found breakfast eaters generally consumed more calories each day, but were less likely to be overweight.

Results also indicated eating breakfast may improve children's memory, test grades and school attendance.

Fuel Up and Start the Day Right!

Consider all the times you remember being encouraged to eat breakfast — especially by the master-of-all-things-sensible: mom.

Enter breakfast.

If asked, most people would acknowledge that eating something in the morning is a good idea. Yet, nearly one-fifth of adults don't eat at all in the morning.

Many of those who do eat breakfast could stand to improve on their choices.

According to Foodwatch, a Minnesota-based consulting firm that monitors food trends, the number of people eating "dessert for breakfast" — mainly refined carbohydrates — is on the rise.

A recent study analyzed the breakfasts of 19,000 people, ages 12 and older, finding that high-fiber, low-fat breakfasts may promote healthy weight control more than the "refined" breakfasts most people are eating.

But *"breakfast doesn't have to be fancy or traditional to meet nutritional needs"* — and you can get started on simple, easy and healthful breakfasts.

What is the number one reason people say the either skip or skimp on breakfast?

1. TIME! prompting Joe Schmoe to grab-and-go.
2. The next classic excuse for skipping breakfast is often about dieting.
3. Along with this, comes the lament that by eating breakfast, hunger pains are felt throughout the day.

Parents – what's up with the breakfast skipping? Set an example...it's easy.

People feel that by ignoring the first meal of the day, they are reducing their caloric intake and promoting weight loss.

A vicious cycle is started to eat a larger meal toward the end of the day and actually not be hungry for breakfast the next morning.

Our body loves to be fueled often to perform well.

People who claim they are cutting calories by skipping breakfast, also are the very same people who are found snacking later in the day and fighting the low energy battle in the late afternoon and evening.

Breakfast was designed to rev up your body for the rest of the day by:

- boosting your energy
- keeping your eating patterns even
- stimulating your body's metabolism

No wonder those who skip breakfast are constantly in the "focus on weight loss" mode!

What kind of breakfast was served in your house last week?

Are the types of carbohydrates chosen to start the day simple or complex carbohydrates?

Foods high in sugar, even the "natural" fruit sugar will raise blood sugar levels quickly and trigger hunger and sleepiness a few hours later.

Your body still may be hungry from not getting enough fuel 24 hours ago and just responding to the feast or famine cycle of the day before.

Focus on a blend of protein and carbohydrates at breakfast.

Hearty carbohydrates will give that boost of energy to jumpstart your day.

A mix of protein will be the staying power to keep your body going strong over the next three to four hours until lunch.

Some brands of cereal offer more nutrition than others.

According to Nancy Clark, sports nutritionist, "Choose wholesome cereals that are iron-enriched, not loaded with sugar, and have high-fiber bran content."

Cereal is not only a traditional way to go at breakfast but also may be one of the quickest and versatile meals for the morning time rush.

Going the milk and cereal route is a perfect way to combine protein and carbohydrates.

Take the Breakfast Challenge Today.

Get up a little early, enjoy the coolness of the day, and focus on fueling your body.

You and your family will have more energy for your family adventures.

Quick and Easy Breakfast Ideas

- Carry a container filled with whole grain cereal to work and top with 8 oz. soy milk (in juice box container)
- Spread half a bagel with hummus or peanut butter, and have one piece of fruit
- Combine low-fat or non-fat yogurt with fruit and cereal
- Melt reduced-fat cheese over sliced tomato on a bagel or English muffin
- Blend fruit, milk and yogurt for a breakfast smoothie
- Roll up a tortilla with scrambled Egg Beaters and salsa
- Have leftovers: last night's casserole, sliced meats on whole-wheat bread, or pizza

1. Grab-and-go breakfasts will help you eat the most important meal of the day
2. Breakfast doesn't need to include traditional breakfast foods such as eggs and toast
3. Be creative with mini loaves of breads serve with cream cheese or make mini muffins.
4. Choose what sounds good for your family and include a good source of calcium and protein with your breakfast
5. Make mini loaves of pumpkin, apple, zucchini, or banana bread the night before with your kids make
6. Set out your bowls and cereal boxes or other non perishable items that you want for breakfast – set the table and you are one step closer to eating breakfast!
7. Plan to eat breakfast and make sure you have ingredients on hand
8. Make a shopping list and purchase grab and go items at the grocery store like individual cartons of pudding, fruit, applesauce, cottage cheese, raisins, packets of oatmeal, string cheese, milk chugs, and granola bars
9. Buy bite-sized cereal
10. Keep frozen waffles, whole wheat bagels, English muffins on hand

Have Breakfast with your Kids!

Whatever It Takes....

Try a Breakfast Picnic!

**Use the morning as a time to feed your body
and spend time with your children.**

More no time breakfasts:

- Yogurt parfait – low-fat yogurt of choice mixed with crunchy granola, dried fruit or nuts
- Breakfast banana split top a pudding snack pack with 1/2 sliced banana and granola
- Toaster waffle with fruit topping, fruit flavored yogurt and a small sliced banana
- Cottage cheese and fruit, canned fruit like pears or peaches with cottage cheese
- Leftovers from the night before
- Breakfast smoothie
- Have a fruit pizza for breakfast

**Think mini....muffins....mini
loaves.....**

Muffins and Mini Loaves

CRANBERRY OAT MUFFINS

Yields: 12 muffins

1 cup quick cooking rolled oats
3/4 cup all-purpose flour
1/4 cup whole wheat flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 cup brown sugar
1 grated rind of a whole orange
1/2 cup fresh or frozen cranberries, halved
1/3 cup low-fat milk
1 egg, beaten
1/4 cup oil
1/4 cup light sour cream
2 tablespoon light cream cheese
1/4 cup juice of one orange

Combine dry ingredients together well. Combine wet ingredients together well. Mix until dry ingredients are just moistened. Do not over mix — 15-20 strokes should be just enough. Fill muffin tins 3/4 full. Bake at 375 degrees for 20-25 minutes.

BANANA BREAD

2 c Flour
1 ts Baking soda
1 c Sugar
1 ts Vanilla
1/3 c Oil
1/2 ts Salt
2 ea Eggs
4 ea Bananas

Recipe Instructions:

mash bananas and mix with other ingredients. Bake at 350 for 50 minutes.

BANANA BLUEBERRY BREAD

Recipe Serves: 1

Recipes Ingredients:

1 3/4 c Sifted flour
2/3 c Sugar
2 ts Baking powder
2 Eggs
1/4 ts Baking soda
1 c Bananas, mashed
1/2 ts Salt
1 c Blueberries
1/3 c Butter

Recipe Instructions:

Sift together flour, baking powder, soda, and salt. Set aside. Cream butter and gradually beat in Sugar until light and fluffy. Beat in eggs one at a time. Add flour mixture and banana alternately in three parts. Gently stir in blueberries. Turn into oiled 9 x 5-inch loaf pan. Bake at 350 degrees for 50 minutes. Turn out of pan to cool.

PUMPKIN BREAD

Recipes Ingredients:

3 1/2 c Unbleached Flour; Sifted
4 ea Eggs; Lg
1 1/2 c Light Brown Sugar; Packed
1 c Salad Oil
1 1/2 c Sugar; Granulated
2/3 c Water
2 ts Baking Soda
2 c Pumpkin; Mashed, Canned
1 1/2 ts Salt
1 c Raisins
1 ts Cinnamon; Ground
1 c Walnuts; Chopped
1/2 ts Nutmeg; Ground

Recipe Instructions:

Servings: 4 Preheat the oven to 375 degrees F, and grease 3 medium (8 1/2 X 4 1/2) loaf pans, sprinkling a little brown Sugar in each. Combine all the dry ingredients in a large bowl and fashion a well in the center. Break in the 4 eggs and add the Salad oil, water and pumpkin. Beat thoroughly until well mixed, then add the raisins and nuts. Pour into the prepared pans. Bake 1 hour and 15 minutes or until a Cake tester or wooden pick inserted in the center comes out clean. Cool for 5 minutes in the pans before turning onto wire racks to cool. NOTE: This Bread can be wrapped in aluminum foil and frozen very satisfactorily.

ZUCCHINI BREAD

Recipes Ingredients:

3 ea Eggs
2 tsp Cinnamon
1 c Oil
1 tsp Salt
2 c Shredded raw zucchini
2 tsp Vanilla
1 3/4 c Sugar
1 c Chopped nuts
1/4 tsp Baking powder
2 c Flour
2 tsp Baking soda

Recipe Instructions:

Put zucchini in strainer and press or squeeze with hands to get excess liquid out. Beat eggs, Sugar, and oil together. Add flour, baking powder, soda, cinnamon, salt, vanilla, and nuts. Mix together by hand. Add zucchini (minus liquid). Beat mixture. Pour into 2 greased, floured, loaf pans. Bake 1 hr. at 350 deg. F. Recipe may be doubled.

APPLE BREAD

Recipes Ingredients:

4 c Flour
1 c Vegetable Oil
2 tsp Baking Soda
1/4 c Sour Cream
1 tsp Salt
2 tsp Vanilla
2 tsp Cinnamon
2 c Chopped Apples
2 c Sugar
1 c Chopped Nuts
4 Eggs, beaten

Recipe Instructions:

Preheat oven to 350 deg F. Sift together flour, baking soda, cinnamon and salt and set aside. Combine Sugar, eggs, oil, sour cream and vanilla, beating well. Blend into flour mixture. Fold in apples and nuts and pour into 2 greased and floured loaf pans. Bake 1 hour or until loaves test done. Makes 2 loaves.

Grab and Go Breakfasts

Wacky Waffle

Top a toasted whole wheat waffle with **low-fat** yogurt and fresh fruit

Sticky Waffle

Layer a whole-grain toaster waffle with honey and 1/2 cup of berries.

Weekend Eye Opener

Stuff a pita with scrambled eggs, shredded cheese, and some cut-up veggies like mushrooms, tomatoes, and peppers

Jump Starter

Drizzle honey over grapefruit halves or other cut up fruit

Energy on the Run

Mix honey with **low-fat** yogurt and fruit in a blender for a quick shake

Sweet Starter

Layer **low-fat** yogurt with fruit and granola for a breakfast parfait

No-Fuss Spread

Mix honey with light cream cheese for a bagel or toast spread

Oatmeal Power

Instant oatmeal, canned peaches & **low-fat** milk

Breakfast Pizza

Melt a thin slice of **low-fat** cheese over sliced tomato on an English muffin

Pita Brunch

Stuff half a whole-wheat pita with 1/2 cup low-fat cottage cheese and sliced peaches, pears or banana.

Tortilla Roll-ups

Roll a tortilla up with scrambled eggs and salsa. Roll a tortilla up with cheddar cheese and microwave for 1 minute.

Bagel Breakfast

Top a cinnamon bagel with **light** cream cheese and thin apple slices.

Peanut butter Toast

Spread 1 Tablespoon peanut butter on whole-wheat toast and top with sliced bananas.

Better Butter

Toasted English muffin, peanut butter & milk

Crunch Berry

Mix yogurt with frozen fruit and crunchy cereal

Combo Bagel

Grab some string cheese, an orange and a bagel

Cheese Parfait

Combine $\frac{1}{4}$ cup low-fat ricotta cheese with $\frac{1}{2}$ cup applesauce and a dash of cinnamon. Sprinkle with Grape-Nuts.

Jazzed up Yogurt

Add fresh fruit or granola to low-fat yogurt

Yo & Go

Chug one of the new yogurt drinks and add a banana to eat

Frozen Breakfast

Stir $\frac{1}{2}$ cup each of plain low-fat yogurt and orange-pineapple-banana juice with $\frac{1}{3}$ cup of sliced banana and $\frac{1}{2}$ dozen fresh or frozen blueberries. Freeze overnight.

Fiber Fuel-Up

Mix halved strawberries with yogurt and granola and drizzle with honey

Potassium Powerhouse

Mix halved strawberries and chunks of honeydew melon or cantaloupe

Melon Morning

Cut a cantaloupe or honeydew in half. Fill $\frac{1}{2}$ with vanilla **low-fat** yogurt, sprinkle with nutmeg.

Tropical Smoothie

Blend $\frac{1}{2}$ cup each of plain low fat yogurt and orange juice with $\frac{1}{2}$ frozen banana and a few frozen strawberries

Breakfast Boosts Brain Power

Although families differ, there are some things that all parents have in common:

They want their children to be healthy, to grow and learn.

Studies from around the United States have shown:

1. Kids who eat breakfast seem to have an easier time learning than kids who don't eat breakfast.

Breakfast eaters:

- are able to concentrate on learning
 - make fewer errors
 - score higher on tests
 - are more creative
 - work faster
2. Kids who eat breakfast are more likely to be in school than non-breakfast eaters.

Breakfast eaters are:

- -less likely to be absent
- -less likely to be late
- -less likely to be sitting in the school nurse's office with a stomachache or headache

3. Kids who eat breakfast behave better in school than hungry kids.

Breakfast eaters:

- -cause fewer fights
- -are more cooperative
- -are less likely to be sent to the principal's office for a disciplinary problem
- -get along better with classmates

Hunger -

For adults, hunger can be uncomfortable. However, most adults know how to deal with hunger. Either they get something to eat or they compensate (by focusing on something else). For children, hunger can be a much bigger problem.

When hunger strikes, kids lose their focus.

Some stay at their desk and fade. Other's "feel sick" and ask to go to the school nurse. And others poke the kid next to them. All children lose out on learning when they don't eat breakfast.

Prevent morning hunger:

- A simple breakfast at home or school can ensure that your child doesn't start the day hungry.
- It also ensures that your child has the nutrients and energy he or she needs during the morning to concentrate on learning, think clearly, and be on their best behavior.

How to make sure your kids eat breakfast:

1. Keep breakfast foods on hand
2. Keep breakfast foods highly visible and in convenient spots for kids to grab
3. Be a role model for your child. Eat breakfast.
4. Encourage kids to eat at school, if they don't get a chance to eat at home.

No time?

- Try one of the grab and go breakfast ideas.
- Ask your child to prepare a one or two item breakfast for you. Eat it while you are getting ready for work.
- Try eating breakfast for a week. Notice any change in your performance, energy, or mood during your morning. Note the positive results you feel because you consistently ate breakfast and it just might persuade you to find time to fit it into your daily routine.

So you are not hungry first thing in the morning?

- Start small. Try a piece of fruit or half a carton of yogurt.
- Get ready for work first. By the time you've been up for a while, you may feel hungry.
- Pack a breakfast to eat later. Select grab and go items you can bring to work or school. When hunger hits pull out your breakfast.

Skipping Breakfast Does not Reduce Your Daily Intake of Calories

Why??

This is because you may end up eating more at lunch or relieving hunger with higher fat, less nutritious snacks.

Combat this by eating a good breakfast!

Remember a Quick Review: -- an ideal breakfast is one that is high in fiber, complex “hearty” carbohydrates, vitamin C, and calcium.

Keep trying **new ideas**.....Toast leftover pancakes and spread with jam.....roll a tortilla.....stuff a pita pocket with fruit salad.....

Better yet:

Bake muffins, quick breads or bars over the weekend or the night before, your house will be filled with delicious baking smells that entice the family into your kitchen and create anticipation for breakfast in the morning. Store covered in the refrigerator for easy access during the week. Tightly wrap and freeze extras for future breakfasts.

No matter what you choose, eating breakfast can give your body and your brain the energy they need to carry you through the day.

More breakfast recipes to try with your family:

BRAN BANANA BARS

1 cup flour
1/4 cup brown sugar
1/2 teaspoon baking soda
1 teaspoon baking powder
1/4 teaspoon salt
1 1/2 teaspoons cinnamon
1 cup bran flakes or raisin bran flakes, crushed
1 cup low-fat milk
2 eggs
1 carrot, shredded
1 ripe banana, mashed
1/3 cup chopped walnuts

Preheat oven to 375 degrees. Use non-stick spray to coat 8 1/2 inch x 8 1/2 inch baking pan.

In medium bowl, combine flour, sugar, baking soda, baking powder, salt, cinnamon and cereal. Mix well. In a small bowl, combine milk, eggs, carrot, banana, and walnuts. Add to dry ingredients. Bake for 25-35 minutes or until brown on top. Cut into 12 bars.

CRUNCHY BERRY YOGURT

1 cup light yogurt, plain or vanilla
1 tablespoon honey or sugar (optional)
1 cup frozen blueberries, strawberries or raspberries
1 cup crunchy nugget cereal

In a small bowl, combine yogurt, sugar and berries. Stir gently. To prevent cereal from losing its crunch, add just before serving. Makes 2 cups.

REAL BUTTERMILK PANCAKES

(From Grandma Peaslee)

2 cups flour
2 cups buttermilk
1 teaspoon salt
1 teaspoon baking soda
2 eggs well-beaten
2 teaspoons canola or olive oil

Mix thoroughly.

Add variations to this recipe by mixing in $\frac{3}{4}$ cup of berries or 1 mashed banana.

SWEET POTATO ORANGE MUFFINS

1 cup white flour
1 cup whole wheat flour
2 teaspoons of baking powder
2 teaspoons of baking soda
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
16 ounces or 1 can of sweet potatoes (yams), drained
 $\frac{2}{3}$ cup brown sugar, packed
2 eggs
1 cup orange juice
1 carrot, shredded
1 teaspoon vanilla

Preheat oven to 400 degrees. Use cooking spray to coat muffin tins. Makes 16 muffins.

**It's a new day – give it a head start by giving
BREAKFAST A CHANCE!**

Keep visiting www.healthy-kid-recipes.com for new healthy eating tips.

