

Breakfast Basics

August 4, 2022



Objectives

- Learn why breakfast is important
- Talk about what a balanced breakfast looks like
- Get tips on how to prepare a quick and healthy breakfast
- Receive a handout with recipes

Tips for a Better Breakfast

- **Organize the Night Before** - Make a breakfast plan at the beginning of the week, set out ingredients (non-perishable).
- **Big Batch Breakfast** - Make egg sandwiches, burritos, etc. the weekend before, and freeze or keep in the fridge (egg dishes last up to 3 days in the fridge – be sure to reheat to 165).
- **Grab and Go** – Homemade trail mix, banana and cheese stick, English muffin with peanut butter.

Breakfast Recipe Overnight Oats

- **Ingredients:** 1/3 of a cup old-fashioned oatmeal, 1 tablespoon chia or flax seeds, ¼ cup milk, ¼ cup vanilla Greek yogurt, 2-3 tablespoon raspberries, 1 tablespoon mini chocolate chips
- **Directions:** Place the oats in a jar. Pour in the milk and stir well. Layer the chia or flax seeds, followed by the yogurt and raspberries. Cover and refrigerate overnight. Add the chocolate chips just before eating.

Key Take Aways Benefits of Breakfast

- **Break the fast:** the body works hard, and absorbs nutrients even while asleep. Eating breakfast, "breaks the fast".
- **Normalize blood sugars:** blood sugar is low in the morning. Breakfast gives the body nutrients, which fuels it, and brings blood sugar levels back to normal.
- **Wake up the body:** breakfast provides the brain with glucose (sugar) which gives people energy, and makes it easier to concentrate.
- **Meet fruit and veggie intake:** breakfast helps people get closer to the 3.5 cup minimum daily fruit/veggie recommendation.
- **Fuller for longer:** especially true if breakfast foods are high in fiber (fruits/veggies, oats, etc.), as well as protein rich foods (eggs, toast with peanut butter, etc.).

What Makes up a Balanced Breakfast

- **Carbohydrates**
 - Gives the brain and muscles fuel
 - Contain important vitamins, minerals, fiber, antioxidants, and phytochemicals
 - Examples: whole grain foods (waffles, bread, cereal, oats, etc.), fruits, veggies
- **Healthy Fats**
 - Provides energy
 - Contains essential fatty acids, keeps skin healthy, enhances the absorption of some vitamins, plays a key role in brain development
 - Examples: avocado, olive/canola oils, seeds, nuts
- **Protein Rich Foods**
 - Normalizes blood sugars, helps feel alert, provides feeling of fullness
 - Examples: lean meat, eggs, yogurt, milk