



Life Better Served.™

BREAKFAST: FUEL FOR THE DAY

By Jennifer Lintz, RD, LD

While we may not be able to confirm that breakfast is the most important meal of the day, research gives us enough information to know that it is, at least, important. In this article, I will review some of the biggest benefits of breakfast, highlight key components of a nutritionally complete morning meal, and give examples of nutritious options for both at home and on the go.

Benefits of Breakfast for Children and Adults

Eating a balanced meal in the morning has benefits for children, teenagers, and adults^{1,2,3}. In children and teens, skipping breakfast has been associated with being overweight⁴. Eating breakfast has been correlated with better classroom performance¹. In adults, not only does breakfast provide fuel for the day, it is correlated with weight management, weight loss maintenance, and improved diet quality⁴.

COMPONENTS OF A BALANCED MORNING MEAL

The 2010 Dietary Guidelines for Americans recommend a nutrient-dense breakfast. Examples of nutrient-dense foods include whole grains, fruits and vegetables, low-fat dairy and lean sources of protein. The guidelines also recommend consuming food from a variety of food groups⁴. Keeping both of these recommendations in mind, an example of a balanced breakfast might include a slice of peanut butter toast with a side of string cheese and an orange; it fits in grains, protein, dairy, and fruit. When planning your meals for the morning, remember: the more food groups, the merrier.



serving suggestion

Bacon & Egg Wrap

INGREDIENTS

4 eggs	1 tablespoon olive oil
¼ cup milk	8 slices HORMEL® Fully Cooked Bacon
Salt and pepper, to taste	4 CHI-CHI'S® Burrito Style Tortillas

DIRECTIONS

In bowl, beat eggs with fork. Add milk, salt and pepper. Beat until well blended.

In large skillet, heat oil. Add egg mixture. Cook and stir until soft scrambled.

Place 8 slices bacon on microwave-safe plate between two paper towels. Microwave on HIGH (100%) 1 minute.

Place tortillas on microwave-safe plate. Microwave on HIGH (100%) 30 to 60 seconds or until heated.

Spoon scrambled eggs down center of each tortilla. Place two slices bacon over eggs. Roll into wrap. Serve immediately.



Life Better Served.™

NUTRITIOUS BREAKFAST IDEAS FOR HOME AND ON THE GO

Often, the biggest barrier to having a balanced breakfast—or eating anything at all in the morning—is time. Another obstacle for both children and adults is simply not being hungry before leaving for work or school. Without planning, this can lead to purchasing convenience foods later that fall short nutritionally. Whether you are lacking time or just not hungry, consider preparing something in the evening that you can quickly grab on your way out the door. Below are some ideas.

Grab and Go

To speed up the breakfast process, use convenience foods in combination with fresh items to make a balanced meal.

Oatmeal topped with fresh blueberries & crumbled walnuts

Tortilla with egg, pre-cooked bacon, cheese & an apple

Yogurt topped with fresh or frozen berries and granola

Hard-cooked eggs, a muffin and a banana

Eggs

Eggs are a good source of protein and can be prepared in a variety of ways.

Scrambled

Add a sprinkle of cheese or bacon bits for a little extra flavor. Mix in chopped peppers, onions and other vegetables for a nutritional boost.

Serve with a side of toast or oatmeal.

Breakfast Sandwich

Toast an English muffin, cook an egg in the microwave or on the stove, and top with your favorite cheese and Canadian bacon or deli meat.

Peanut Butter

Peanut butter is a great breakfast staple.

Not only is it a good source of protein per serving, it is portable and pairs with many grains and fruits to make a balanced meal.

Toast

Use whole grain bread, an English muffin or bagel and top with peanut butter. Pair with your favorite fruit and a glass of milk.

Roll-Up

Spread peanut butter on a tortilla and fill with banana slices or add jam or jelly for a twist on traditional PB&J.

Pancakes

Peanut butter pancakes are a fun way to incorporate protein when you have extra time to spare; or make them on the weekend, freeze and thaw for a quick morning meal.

Yogurt

Yogurt can be eaten on its own, paired with fruit or blended into smoothies and can provide both calcium and protein.

Berry smoothie

Mix frozen berries, vanilla or honey yogurt and a little bit of orange juice for a drinkable breakfast.

Peanut butter banana smoothie

Blend bananas, yogurt, peanut butter and honey.

To set yourself up for success, make breakfast items part of your shopping list. This will ensure you are prepared, whether you need something fast and easy or have time to prepare something more substantial.

Breakfast doesn't have to be a burden! Be creative and explore meal ideas that will satisfy both your tastes and your time.

This information is not intended as medical advice. Please consult your primary care provider or registered dietitian for more individualized recommendations.

References

1. Rampersaud GC, et al. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005; 105:743.
2. Wyatt HR, et al. Long-term weight loss and breakfast in subjects in the National Weight Control Registry. *Obesity Research*, 2002; 10:78.
3. Yunsheng M, et al. Association between eating patterns and obesity in a free-living US adult population. *American Journal of Epidemiology*; 2003; 158(1):85-92.
4. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans*, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.