



Breakfast *on the Run*

What to eat for breakfast?

Even though you feel you are running a marathon in the morning, don't leave home without something to eat. A piece of fruit, a bagel, or a glass of juice can start you off ahead.



An "ideal" breakfast is one that is low in total fat, saturated fat, and cholesterol and high in fiber, complex carbohydrates, vitamin C and calcium.

Sounds complicated, but it's really simple. Cereal with low fat milk topped with fruit is an easy way to get complex carbohydrates and lots of calcium. If you are worried that your favorite pre-sweetened cereal does not provide enough fiber, mix it with additional high fiber, whole grain cereal to increase the fiber content.

If cereal isn't appealing, try a shake made with low-fat milk, juice, and extra fruit. Or combine low-fat yogurt, crunchy cereal, and fruit. Any kind of fruit will do—fresh, frozen, or canned. Most provide vitamin C and fiber. Add a spoonful of sugar (at only 15 calories per teaspoon) for that vital morning appeal.

If you love muffins, toast, or bagels, that's great. Just watch the fat in muffins. Sometimes they contain a lot. Cover with jam or fruit spread and skip the butter or margarine. If you really cannot give up your pastry or croissant, limit them to a once-in-a-while treat.

Try something new. Toast leftover pancakes and spread with jam. Roll a tortilla or stuff a pita pocket with fruit spread. Prepare your breakfast in advance to save time in the morning. Bake low-fat muffins, breads, or bars over the weekend or the night before.

Store covered in the refrigerator for easy access during the week. Tightly wrap and freeze extras for future dates.

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

Why eat breakfast?

Breakfast provides the energy your body needs to start the day. The last time you ate was 8 to 12 hours ago, and you need to break that fast with a nutritious breakfast.

Many research studies have shown that breakfast helps to improve mental and physical performance. You make fewer mistakes at work, and your children perform better in school after eating breakfast.

Breakfast also contributes many important nutrients to your diet. Studies have found that children who skip breakfast have a lower overall intake of such nutrients as carbohydrates and proteins as well as such essential vitamins and minerals as vitamin C, calcium, and iron. These children do not make up for this lower intake during the day.



Does skipping breakfast help control calories?

Skipping breakfast may not make your daily intake of calories lower. 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.

Turn over for tasty breakfast recipes.

Fruity Spread

Prepare this spread ahead of time. It's great to spread on toast, bagels, or bread.

- 1 apple, finely chopped
- 1 Tbs lemon juice
- 8 ounces Neufchatel (low-fat) cream cheese
- 2 Tbs sugar
- 1 tsp cinnamon
- ½ cup raisins
- 1 carrot, shredded



Mix apples and lemon juice to prevent browning and set aside. With a mixer, blend cream cheese, sugar, and cinnamon. Add raisins, carrot, and apple, and mix well. Makes 2 ½ cups. Store tightly covered in refrigerator for up to 4 days.

Nutrition Content per 2 Tbs

- 55 calories
- 7 g carbohydrate
- 1 g protein
- 3 g fat
- 9 mg cholesterol
- 47 mg sodium
- 1 g dietary fiber

Bran Banana Bars

- 1 cup all-purpose flour
- ¼ cup brown sugar, packed
- ½ tsp baking soda
- 1 tsp baking powder
- ¼ tsp salt
- 1 ½ tsp cinnamon
- 1 cup bran flakes cereal, crushed
- 1 cup skim milk
- 2 eggs
- 1 carrot, shredded
- 1 ripe banana, mashed
- 1/3 cup chopped walnuts



Preheat oven to 375 degrees. Lightly grease 8 ½ x 8 ½ baking pan.

In a medium bowl, combine flour, sugar, baking soda, baking powder, salt, cinnamon, and cereal. Mix well. In 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.

Nutrient Content Per Bar

- 123 calories
- 21 g carbohydrate
- 4 g protein
- 3 g fat
- 36 mg cholesterol
- 170 mg sodium
- 3 g dietary fiber
- 16% RDA for vitamin C



Orange Breakfast Shake

- ¼ cup orange juice concentrate
- 1 cup low-fat milk
- 2 tsp sugar
- 1 ripe banana



In a blender, combine all ingredients and blend until smooth. Makes 2 cups.

Nutrition Content per 1 cup serving

- 176 calories
- 37 g carbohydrate
- 5 g protein
- 2 g fat
- 5 mg cholesterol
- 63 mg sodium
- 2 g dietary fiber
- 21% of RDA for calcium and 122% RDA for vitamin C

Crunchy Berry Yogurt

- 1 cup non-fat yogurt, plain or vanilla
- 1 Tbs sugar
- 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.

Nutrition Content per 1 cup serving

- 337 calories
- 71 g carbohydrate
- 13 g protein
- 1 g fat
- 2 mg cholesterol
- 428 mg sodium
- 7 g dietary fiber
- 32% RDA for calcium

