

# Breakfast: The Best Part of Waking Up

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# Overview

- The power of breakfast
- What makes a healthy breakfast
- Breakdown of breakfast bars and cereal
- Meal Ideas
- Keys to success

# Breakfast

- “to break your fast from the night”
- comes from the late Latin *disjejunare*, meaning "to un-fast' or break the fast of the evening

# The Power of Breakfast

- More than a quarter-century of research shows a positive link between breakfast and mental alertness and physical performance.
- Decreases your risk of heart disease, diabetes and obesity
- Ensures a balanced start in the morning to finish the day strong

# The Power of Breakfast

- Improves memory and mood
  - Most research on alertness & performance done in children

<http://www.youtube.com/watch?v=uXQKM7gxx08>

# The Power of Breakfast

- Harvard School of Public Health researchers studied the health outcomes of 26,902 male health professionals ages 45 to 82 over a 16-year period.
  - Men who regularly skipped breakfast had a 27% higher risk of heart attack or death from coronary heart disease than those who ate it.
  - “Skipping breakfast may lead to one or more risk factors, including obesity, high blood pressure, high cholesterol, and diabetes, which may in turn lead to a heart attack over time,” lead author Leah Cahill, postdoctoral research fellow, states.

# The Power of Breakfast

- CHASE Study in England
  - Children had to report eating breakfast daily, most days, some days and not usually
    - 74% ate breakfast daily
    - 11% most days
    - 9% some days
    - 6% not usually

# The Power of Breakfast

- CHASE study in England
  - Children who reported not usually having breakfast had higher fasting insulin, insulin resistance, HbA1c and glucose than those who reported having breakfast daily.
  - Study concluded children who ate breakfast had a lower risk for diabetes
    - \*especially those who ate high fiber cereals



# The Power of Breakfast

- Lots of studies on the relationship of eating breakfast and weight loss
  - Mostly observational studies
- One long-term, carefully controlled trial in 1992
  - randomly assigned people to routinely eat or go without breakfast and measured the effect on their body weight over 12 weeks
  - Both groups lost weight

# Metabolism

- Our body gets used to routines
- Using energy all the time even when asleep
- Breakfast can kick start the efficiency of your metabolism

# Who's Eating Breakfast

## KIDS

- 89% moms want kids to eat breakfast but 40% reported kids don't eat it daily
- Most toddlers and pre-school age kids eat breakfast
- Consumption dips with age
  - 77% young children eat breakfast daily
  - 50% middle school aged kids
  - 36% of high school aged kids

## ADULTS

- 54% wanted to eat it daily but only 34% (1/3) are actually eating it daily

# Who's Eating Breakfast

## RESULTS

- 4 in 10 adults skip breakfast
- People who eat breakfast by Age
  - 18-34 53%
  - 35-44 55%
  - 45-54 54%
  - 55-64 71%
  - 65+ 83%
- 50% of people under 45 rush their breakfast
- Cold cereal topped the list of the most commonly eaten breakfast (31% of people)
- 20% eat eggs and just over 10% eat a bagels, pastry, muffin or toast

Who's Eating Breakfast?

# When should you eat Breakfast?

- My rule of thumb: something with calories within the first hour of waking up
- Give yourself fuel before you do labor
  - If you work early this could be as simple as 4 ounces of juice or milk in your coffee as long as it's followed by a meal within a few hours
  - Ex: Work starts at 6am and break at 8am. Could have something little before work and your “meal” at your 8am break

# What Makes a Healthy Breakfast?

- Whole grains and protein
  - sustain you longer
- Add a fruit, vegetable or calcium item to round out your meal
- Some fat can be helpful too

# What Makes a Healthy Breakfast?

- If you are having a grain choose the whole grain version
- Switch to cereals with less than 20% added sugar
- Have at least two, ideally three food groups
- Switch it up
- Don't forget to hydrate



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# Sample Breakfast: Eggs

- Quick: Hard Boiled
- Moderate: Scrambled
  - Add chopped spinach and/or cheese
- Moderate: Fried
  - Add guacamole and salsa
  - Cheese slice
  - Ham, Canadian bacon or tomato
- More Time: Frittata, Egg Bake, Quiche
  - Can make individual ones in a muffin tin on weekend and reheat during the week

# Sample Breakfast: Cereal

- Look for a whole grain cereal
- Watch the size of your bowl and aim for 2 cups or less of total cereal
- Chose ones with less than 25% calories from sugar
- Still hungry?
  - Add fruit or have something with protein on the side like a string cheese, hard boiled egg, yogurt or cottage cheese

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# Calculating calories from sugar

- Look up the grams of sugar per serving size on the nutrition label
- Multiply that number by 4 grams
  - 4 calories per gram of carbohydrate
- Divide by the calories in a serving to give you the calories from sugar for the serving size listed

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# Cereal Breakdown

	Serving Size (cup)	Calories	Protein (grams)	Fiber (grams)	Sugar grams (% calories from sugar)
Cheerios	1	100	3	3	1 (4%)
Frosted Flakes	3/4	110	1	<1	10 (36.3%)
Honey Nut Cheerios	3/4	110	2	2	9 (32.7%)
Honey Bunches of Oats	3/4	120	2	2	6 (20%)
Cinnamon Toast Crunch	3/4	130	1	2	9 (27.6%)
Multigrain Cheerios	1	110	2	3	6 (21.8%)
Frosted Mini Wheat	21 biscuits	190	5	6	11 (23.2%)
Quaker Oatmeal Squares-Cinnamon	1 cup	210	6	5	9 (17.1%)

# Sample Breakfast: Grains

- 2 Whole Wheat Waffles, butter, syrup + fruit and milk
- 1/2 bagel + cream cheese, yogurt with nuts and fruit
- English Muffin with nut butter + orange juice or a piece of fruit
- Oatmeal + dried fruit and nuts

# Sample Breakfast: Grab and Go

- Hard boiled egg
- Carnation Instant Breakfast (with milk or added to coffee)
- String cheese
- Keifer
- Nuts or Trail Mix
- Breakfast Bar or Protein bar

- A piece of fruit (chose one easy to eat on the go -apple, banana)
- Toast
- Bag of dried cereal
- Dried Fruit
- Oatmeal packet (can make in a coffee cup with hot water quickly)

# Sample breakfast: Grab and Go

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# Breakfast Bars

- Choose a bar with 0g trans fat
- Whole grains listed as one of the first two ingredients.
- Avoid bars with a lot of added sugar as they can turn out to be more of a dessert than a breakfast
  - Bars with fruit will have more sugar since fruit contains natural sugar.
  - Look at the ingredient list to figure out the source of sugar.
- If the bar will be your complete breakfast get one with protein and 200 calories or more to keep you energized and feeling full longer.

# Comparing Bars

- Larabar
- Kashi Cereal Bar
- Quaker Oatmeal To Go Bar
- Nutri-Grain Cereal Bar
- Fiber One Meal Bar

# Larabar

- Peanut Butter Cookie: 220 calories, 18g sugar (32% calories from sugar) , 4g Fiber, 7g Protein
- All natural, no added sugar and only three ingredients (peanuts, dates and salt)
- Gluten Free, Dairy Free, Soy Free, Vegan, Kosher
- 1 bar = ½ serving of fruit

*Comes in 22 flavors and a Protein form*

- *Larabar ALT: 240 calories, 18g sugar (30% cal from sugar)  
3g fiber, 10g Protein*

# Kashi Cereal Bar

- Ripe Strawberry = 130 calories, 9g Sugar (27.6% calories from sugar), 3g Fiber, 2g Protein
- Contains 7 whole grains
- Made with real fruit
- No high fructose corn syrup, refined sweeteners or artificial ingredients

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*Flavors: Cherry Vanilla, Blackberry Graham, Ripe Strawberry*

# Quaker Oatmeal To Go

- Brown Sugar & Cinnamon (1 bar) = 220 calories, 19g Sugar (34.5% calories from sugar) 5g Fiber, 4g Protein
- 20% of your daily Vitamin A, B6, Calcium and Iron
- First ingredient is whole grain rolled oats, second ingredient is high fructose corn syrup then brown sugar
- High Fiber option in Maple Brown Sugar contains 210 calories, 13g Sugar (24.7%), 4g Protein, 10g Fiber

*Flavors:* Apple & Cinnamon, Banana Bread, Oatmeal Raisin, Raspberry Streusel, Brown Sugar & Cinnamon

# Nutri-Grain Cereal Bars

- Blueberry = 120 calories, 12g sugar (40% calories from sugar), 3g Fiber, 2g Protein
- First ingredient is whole grain oats then enriched flour
- Contains 25% Niacin, Riboflavin and Vitamin B6, 20% calcium

*Flavors: Apple Cinnamon, Blueberry, Mixed Berry, Cherry, Raspberry, Strawberry, Strawberry Yogurt*

# Fiber One Meal Bar

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- Chocolate Peanut Butter: 190 calories, 6g Sugar (12.6% sugar), 9g Fiber, 10g Protein
- Great source of Fiber and made with whole grains
- More processed ingredients
- Contains the least sugar compared to the other bars shown although most has been added and is not from a natural source such as added fruit.
- Contains 20% Vitamin A, B6, B12, C, E, Iron, Calcium, Vitamin D, Thiamin, Niacin, Riboflavin

*Many Flavors and they sell other varieties*

- *Protein: 140 calories, 7g Sugar (20% sugar) 5g Fiber, 6g Protein,*
- *Chewy Bar: 140 calories, 10g sugar (28.5% calories from sugar), 9g Fiber, 2g Protein*
- *90 Calorie Bar : 90 calories (22% sugar), 5g sugar, 5g Fiber, < 1g Protein*

# Make Your Own Breakfast Bar

## Ingredients

- 1/3 cup almond butter
- 1/3 cup honey
- 2 cups whole-grain cereal flakes
- 2 cups oat and bran O's cereal
- 2 tablespoons chopped, unsweetened dried cherries

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## Directions

Coat an 8-inch square baking pan with cooking spray.

In a medium microwave-safe bowl, microwave the almond butter and honey on high for 30 seconds, then stir until blended.

In a large microwave-safe bowl, combine the cereal flakes, O's, and cherries. Microwave on high for 1 1/2 minutes, stirring every 30 seconds, until warmed.

Stir the almond butter mixture into the cereal until thoroughly and evenly coated. Press into the prepared pan.

Refrigerate until set and firm. Cut into 10 bars.



# Sample Breakfast: Smoothies

- Packed with servings of fruits and vegetables
- Calcium rich
- Multiple flavor options
- Easy with blenders that are also a cup

# Smoothies

## Start with Fruit

- frozen fruit (makes a thicker drink with a smooth consistency)
- fresh fruit + ice (crunchier consistency)

## Add Liquid

- milk
- yogurt + juice or water
- water

# Smoothies

## Add Ins

### Vitamin/Mineral Add ins

- Spinach
- Kale

### Protein Power Up

- Whey Protein Powder
- Hemp Seeds (3 Tbsp ~ 11 g Protein)
- 1 Tbsp Nut butter

### Omega 3 Power

- Chia Seeds
- Flax Seeds

# Sample smoothies

- Mango Spinach Banana
  - 1/2 frozen banana, 1 cup frozen mangoes, handful of spinach, 8-10 ounces almond milk + 1/2-1 tbsp chia seeds
- Coffee and Banana
  - 1 frozen banana, 1/2 cup ice, 1 cup of milk (any type), 1/2 cup of strong coffee or espresso
    - option can add honey or sugar for sweetener
    - Can add 1/4 cup of yogurt

*Full recipes on [www.sinascupboard.com](http://www.sinascupboard.com)*

# Stand Up, Pair Up

- Stand up and Pair up with 1-2 people around you and exchange ideas
  1. Share what your favorite breakfast is
    - whether you cook it or get it out to eat
  2. Share you your favorite quick breakfast or go to breakfast
    - If you aren't currently eating breakfast share one thing you want to try having

# My Weekend Favorites: Breakfast Hash

1. Pick your starch: potatoes or other starchy veggies (parsnips, pumpkin, etc...)
2. Chose your veggies (slice uniformed)
  - \* can cook them all together in butter and olive oil
  - \* can add oregano or thyme
3. Optional: Add meat
  - \*if using raw meat then cook that first and you can cook the veggies in the fat from it otherwise reheat it in the skillet once the veggies are almost done
4. Top with a fried egg

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# My Weekend Favorites: Oatmeal Pancakes with fruit

## Ingredients

1/4 cup all-purpose flour	1/8 teaspoon salt
1 cup quick-cooking oats	1 cup nonfat buttermilk
1 tablespoon sugar	2 tbsp butter, melted
1/2 teaspoon baking powder	1 large egg
1/2 teaspoon baking soda	Cooking spray
1/4 teaspoon ground cinnamon	

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## Directions

1. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine the first 7 ingredients in a medium bowl, stirring with a whisk.
2. Combine buttermilk, butter, and egg in a small bowl. Add to flour mixture, stirring just until moist.
3. Heat a nonstick griddle over medium heat. Coat pan with cooking spray. Spoon about 2 1/2 tablespoons batter per pancake onto griddle. Turn pancakes over when tops are covered with bubbles; cook until bottoms are lightly browned.

# How to Spice Up Your Breakfast

- Add peanut butter to an apple or banana and sprinkle with cinnamon
- Layer nut butter on an English Muffin and top with banana slices and a drizzle of honey
- Spread nut butter onto a whole wheat tortilla, add fruit and roll up

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# How to Spice Up Your Breakfast

- Make a fruit plate with cottage cheese or yogurt
- Add nuts, nut butter, seeds or dried fruit to oatmeal or yogurt

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# How to Spice Up Your Breakfast

- Try a new grain as your hot cereal
- Crunchy PB Bulgur with Berries
  - Combine 1 cup of uncooked bulgur with 1.5 cups of milk and soak over night
  - heat in the morning for 1 minute
  - add PB and top with yogurt, peanuts and berries or any of your favorite toppings

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# Make it Fun

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# What about breakfast sweets?

- Doughnuts, pastries, cinnamon rolls
- Without fiber and protein they will likely make you feel hungry quicker than other meals
- They will fuel your body but shouldn't be your daily staple.

# Tips and Tricks

- Make Whole Grain Waffles or Pancakes on the weekend and freeze in individual Ziplocks to have during the week.
- Hard boil eggs on Sunday to last all week
- Make a smoothie the night before and take out before you shower to thaw for your drive to work
- Try making eggs in a muffin tin to reheat

# Tips and Tricks

- Freeze any washed fruit you notice is about to go bad before tossing
  - Great for smoothies or in oatmeal
- Keep on the go items in your pantry
  - Nuts, seeds, bars and dried fruit
  - Yogurt, fruit
- Not hungry? Try a liquid
  - Carnation Instant Breakfast or a protein drink

# Keys to Success

- Plan ahead
  - Make a list of new items to pick up at the grocery store
- Stock your fridge and pantry
  - Cereal
  - Whole grain bread/waffles or bagels
  - Nut Butter and Nuts
  - Bananas and dried cereal
  - Oatmeal packets or breakfast bars
- Keep something in your car

# Keys to Success

- Bottom Line: Make eating breakfast a priority
- Grab something on your way out or maybe, just maybe, wake up earlier and sit down to enjoy. Your body will thank you later!



Questions ???