

Grill Me About...

Choosing a Higher-quality Breakfast



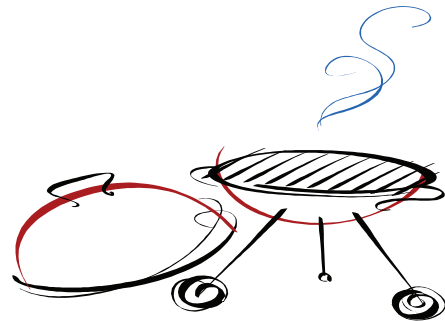
Ask me what I learned about higher-quality breakfasts in my GrowingGreat classroom nutrition lesson:

1. True or false—Skipping breakfast has no effect on school work.
2. Eating foods with whole grains helps you feel satisfied until lunch. Why is this?
3. Name 2 reasons why it is important to eat breakfast.

.....

Answers:

1. *False—studies show that kids who eat breakfast, especially those higher in protein, score higher on tests*
2. *Whole grains are digested slowly. They keep you feeling full longer. Processed grains are digested quickly.*
3. *Helps you perform better in school, gives you energy all day; it can help improve your mood*

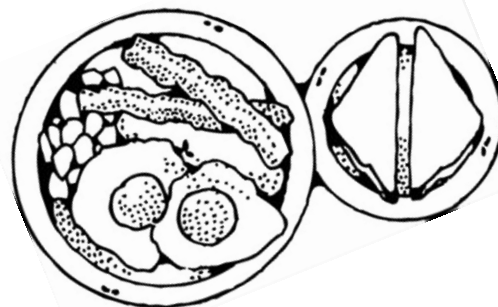


Busy morning breakfast tips

No time to cook? Build a breakfast around foods that are ready to eat such as seasonal fresh fruit and nuts, plain yogurt with flax seeds and berries, cheese, or left over dinner.

Running out the door? Try celery stuffed with peanut butter, trail mix with nuts and dried fruit, scrambled egg on whole-grain toast, or spread a toaster waffle with your favorite nut butter.

Not hungry yet? Something small is better than nothing but make sure it has quality that counts - Start out with a piece of fresh fruit then pack a mid-morning snack with a combination of higher-quality protein and beneficial fats such as a slice of deli meat, hard-boiled egg, sunflower seeds or whole grain crackers and hummus.



Classroom Nutrition Lesson #4

Start Your Engines: High-quality Breakfasts



WHY EAT BREAKFAST?

- Studies show:** Adults who skip breakfast have performance difficulties on tasks requiring concentration. Those who eat higher-quality breakfasts scored significantly higher on tests than those who eat lower-quality breakfasts.
- Children who skip breakfast experience fatigue, irritability and restlessness, behaviors counterproductive to learning.
- People who skip breakfast eat more later in the day than those who do eat breakfast.

WHAT IS A HIGHER-QUALITY BREAKFAST?

- High in complex carbohydrates (whole grains, whole fruits and whole vegetables)
- High in protein (nuts, seeds, eggs, breakfast meats, soy)
- Low in refined carbohydrates (white flour, added sugars, juices)

Instant / prepare-ahead breakfasts:

- Hard-boiled egg with sea salt
- Leftover dinner from the night before
- Trail mix: almonds, cashews, raisins, shredded coconut, dried cranberries and sunflower seeds
- Steel-cut oats: Before going to bed, boil four cups of water in a pot, add one cup of steel cut oats. Stir until all the liquid has been absorbed. Turn off the heat, cover pot and leave overnight. In the morning, bring oats to a brisk boil (adding more water if necessary), heat through and serve.

Quick breakfast ideas:

- Whole-grain/sprouted-grain toast spread with nut butter, sunflower seed butter or melted cheese (try goat cheese)
 - Whole, plain yogurt, (cow, goat, sheep, soy or buffalo) topped with a whole grain, low sugar cereal
- Variations:*
- Sweeten with raw honey, stevia, agave and/or vanilla
 - Top with ground flax seeds, berries
 - Top with your favorite nuts, berries

Egg ideas:

- Poached eggs on steamed rice, soy sauce, toasted sesame seeds
- Omelet with zucchini, mushrooms, avocado and slice of whole-grain/sprouted grain-toast
- Frozen whole-grain waffle with real butter, poached egg
- Poached or fried egg on whole-grain/sprouted-grain toast
- Breakfast burrito: Scrambled eggs, black beans and cheese in a heated flour tortilla
- Whole-grain/sprouted-grain English muffin, toasted with butter, fried egg, ham, cheese

Non-egg ideas:

- Breakfast sandwich (grilled cheese with avocado, tomato)
- Black beans, rice and avocado
- Open faced whole, rye bread toast with hummus, tomato and avocado
- Whole-grain hot cereal—oats, wheat, millet, quinoa

