

What's for Breakfast?

One in five Americans skips breakfast because they are too busy or trying to lose weight. If you are one of those trying to lose weight, research from Oregon Health Sciences University successfully predicts that people who skip breakfast are less likely to lose weight than those who eat breakfast. Breakfast is an important meal; it revs up your metabolism, sends food to your brain and provides important nutrients to your body. Today's breakfast is more than cereal and milk, pancakes and other traditional breakfast foods.



What breakfast needs to be is a source of nutrient packed calories. Create new breakfasts with whole grain breads and cereals combined with a fruit serving, yogurt, milk or cheese and you're on your way to jumpstarting your body and brain for the day.

Let's be honest, who hasn't ever eaten leftover pizza for breakfast? Pizza for breakfast isn't a bad choice. One slice of a Papa Murphy's twelve inch pepperoni pizza has about 310 calories, 15g fat, 29g carbohydrate, 14g protein, 0.5g dietary fiber and is significant source calcium at 21% of the RDA. When compared to 2 Krispy Kreme™ glazed yeast doughnuts that have 400 calories, no protein, 12g fat, 22g carbohydrate, 2g dietary fiber and only 6% of the calcium RDA, 2% of the Vitamin C RDA and 4% of the iron RDA. What's important about breakfast is that you and you children eat it and the foods are a source of protein, carbohydrate, fiber, vitamins and minerals. That's not as complicated as it sounds if you choose whole foods instead of grab-and-go highly processed foods.

The following breakfast ideas can be fun and different for a healthy change. Add a glass of low fat milk to go with the breakfast cookies and you have a healthy breakfast that's quick and easy to make.

Yogurt Parfaits

(makes 1 serving)

1 cup low fat vanilla yogurt – you can use no-fat yogurt and reduce the calories in this recipe

1/2 cup crunchy cereal or granola (low fat) – you can reduce the calories by choosing a lower fat and less sweet granola than the Almond Brown Sugar used in this recipe.

1/2 cup fresh or frozen fruit of your choice

Layer half the yogurt into the bottom of a glass—clear glasses are nice for this recipe

Sprinkle half of the cereal over the yogurt

Sprinkle half of the fruit over the cereal

Add another layer of yogurt, this will use up all the yogurt.

Sprinkle cereal over the yogurt, this will use up all the cereal.

Sprinkle with remaining fruit.

720 calories, 13g fat, 140g carbohydrate, 11g fiber, 19g protein, 45% of the calcium RDA and 60% of the iron RDA

Garnish with fresh fruit or a sprig of fresh mint. These are best if made just before serving.

No Cook Breakfast Cookies
Montana Extension Service
(makes 24 – 2 ½ inch cookies)

½ cup honey

½ cup instant dry nonfat milk

½ raisins or other chopped fruit

½ cup creamy peanut butter

2 ½ cups coarsely crushed flake cereal – whole grain – ½ of this can be uncooked oatmeal for added fiber.

1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and dried fruits. Drop by heaping Tablespoons full onto waxed paper to form mounds.
4. Cool to room temperature. Store in refrigerator.

Serving size 2 cookies, 167 calories, 6g fat, 5g protein, 27g carbohydrate, 1g fiber.

Cecelia Haack
Oregon State University
Columbia County Extension
Summer 2006