

## Make Time for Breakfast

School begins soon, so family routines may be changing.  
If you're in a rush, don't skip the most important meal of the day.



### Some Benefits of Breakfast

- Eating breakfast helps children and adults concentrate better, which improves school and work performance.
- Kids and adults who eat breakfast are *less likely* to overeat later in the day, which can help with weight management.

### Try These Breakfast Tips

- **Enjoy a bright and early nutritious family meal.**  
Set your alarm clock 15 minutes early.
- **Have some protein.** Enjoy some milk, yogurt, cheese or peanut butter. You'll be less likely to feel hungry mid-morning.
- **Choose your cereal wisely.** Read and compare Nutrition Facts labels. Breakfast cereal provides a variety of vitamins and minerals in every bowl.  
Choose high-fiber, whole-grain cereal, such as oatmeal. Top with naturally sweet raisins or dried cranberries.
- **Aim for variety!** Include three or four different food groups in your morning meal. People who have fruit for breakfast are more likely to meet the daily goal.
- **Take advantage of school breakfast programs.**  
They provide a balanced meal to fuel children for learning. Check with your local school.

### Enjoy Some Easy Menus

- Cereal with sliced bananas and low-fat milk; orange juice
- Oatmeal with raisins and low-fat milk
- Scrambled eggs with salsa wrapped in whole-wheat tortilla, peaches and low-fat milk
- Whole-wheat toast with peanut butter and bananas; orange juice
- Pancakes with sliced fruit, lean ham and low-fat milk
- Fruit and yogurt smoothie and graham crackers

Visit [www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise)  
for more information.

This program is funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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When I get home from work, everyone wants to eat right away. My aunt gave me a slow cooker recently. She said it would help. Do you have any tips?

Slow cookers are a great investment for busy people. Add your ingredients in the morning and be greeted by a delicious, home-cooked meal at the end of the day.

You can use less expensive cuts of meat, so they save you money, too. During the longer cooking process, the meat will become more tender and flavorful. Try these ideas:



- Spray the inside of the slow cooker with cooking spray for easier cleanup.
- Prepare high moisture content foods such as chili, soup, stew or spaghetti sauce.
- Cut meat and vegetables into chunks or small pieces for even cooking.
- To decrease fat and calories, cook and drain ground meats. For extra flavor, brown poultry and meat before adding to the cooker.
- Fill the cooker no less than half full and no more than two-thirds full.
- Refrigerate leftovers in shallow containers.

## SLOW COOKER CHICKEN CURRY

- 2¾ lb. chicken breasts or thighs, without skin
- 1 16-ounce jar salsa (mild or medium)
- 1 medium onion, chopped
- 2 Tbsp. curry powder
- 1 c. fat-free sour cream

Place chicken in slow cooker. Combine salsa, onions and curry powder and pour over chicken. Cover with lid. Cook on low for eight to 10 hours (or high for five hours). Remove chicken to serving platter; cover to keep warm. Add sour cream to slow cooker. Blend with salsa mixture and pour over the chicken.

*Makes 10 servings.*

*Each serving has 230 calories, 10 grams (g) fat, 10 g carbohydrate and 400 milligrams sodium.*

## MENU IDEA

Chicken Curry over brown or white rice, steamed broccoli, apple crisp, low-fat milk

**Just for Fun – Overweight is something that just sort of snacks up on you.**

## QUICK TIPS ABOUT SPICES

Store spices in a cool, dry place – not above your warm stove or oven.

For best quality, use ground spices within one year.



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Contact the local office of the NDSU Extension Service for more information on food and nutrition or managing your food dollar.

