



# Fuel Your Empty Tank With Breakfast

Do you ever skip breakfast? People have lots of reasons. Maybe they hit the “snooze” button once too many times on their alarm clocks and they didn’t have time to grab something. Maybe someone ate the last of the cereal and left the empty box in the cupboard. Maybe they just weren’t feeling hungry. Others might be trying to cut some calories out of their diet to lose weight. Some might think that breakfast is only important for kids.



## Avoid the Midmorning Slump

After many hours without food, people have an “empty tank” and their energy levels fall. Most people who skip breakfast eventually feel the “midmorning slump.” Their stomachs might grumble, and they might even feel a little shaky.

Regardless of your age, breakfast is a valuable meal for a variety of reasons. Researchers have shown that adult and child breakfast skippers are more likely to be overweight and have higher blood cholesterol levels. Children who eat a morning meal are more likely to do well in school and have improved overall nutrition. They pay attention and score higher on tests. They also have better behavior in school.

## Try These Tips:

- **Keep breakfast foods such as ready-to-eat whole-grain cereal, yogurt, milk and fruit on hand.**
- **Set out the cereal bowls, spoons, cereal box(es) and some bananas before you go to bed.** All you need to do is pour cereal, peel and slice bananas and add some milk.
- **Have some protein, such as yogurt, milk or a hard-cooked egg, with your breakfast.** Protein helps you feel full longer.
- **Build a breakfast burrito bar.** Prepare toppings such as shredded cheese, diced ham, tomatoes and olives the night before. In the morning, scramble eggs, warm tortillas and fill with your favorite toppings.
- **Whip up a fruit and yogurt smoothie or build a yogurt parfait to take on the go.**

## Does your child’s school serve School Breakfast?

Many North Dakota schools do. Your child can eat a healthful breakfast at school every day or only when he or she wants to eat. Children don’t have to sign up ahead of time.

School Breakfast is for all students, but if your child eats a free or reduced-price lunch, he or she also can get a free or reduced-price breakfast.

Visit <https://dpi.state.nd.us/child/snp/nslp/outreach.shtm> for more information.

This program is funded in part by USDA’s Supplemental Nutrition Assistance Program. SNAP 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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Try this quick and easy recipe from  
Iowa State University Extension and Outreach.

# Breakfast (or Anytime) Burrito

- 2 eggs
- 2 Tbsp. nonfat or low-fat milk
- 2 6-inch flour tortillas, warmed\*
- 2 Tbsp. shredded low-fat cheddar cheese
- ¼ c. salsa (purchased or homemade)

Beat eggs and milk in a small bowl. Lightly coat a skillet with nonstick cooking spray. Pour egg mixture into pan and cook on medium to low heat until eggs become firm. Spoon half of egg mixture down the center of each tortilla. Top each with half of the cheese. Roll tortilla and serve with salsa.

\* Try whole-wheat tortillas to add fiber.

Makes two burritos.

Each burrito has 210 calories,  
9 grams (g) fat, 20 g carbohydrate,  
12 g protein, 2 g fiber and  
520 milligrams sodium.



Menu idea:  
Breakfast Burrito,  
orange slices,  
low-fat or fat-free  
milk

## Tip of the Month

Do you want to enjoy something homemade for breakfast without spending a lot of time in the kitchen?

Try making your favorite muffins, scones and pancakes ahead of time and then freezing for a quick meal later. In the morning, warm each item for 20 to 30 seconds in the microwave. Add some fruit to your plate and a glass of milk or yogurt for a quick meal.

Visit [www.ag.ndsu.edu/food/recipes](http://www.ag.ndsu.edu/food/recipes) for more breakfast ideas.

Susan Finneseth,  
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## Just for Fun

What did the farmer call  
the cow that had no milk?

An udder failure!



I'm very confused by the dates on food packages at the grocery store. I was reading the "sell by" dates on an egg carton, milk carton and yogurt container in my refrigerator. All the dates have passed. What do these dates mean? Do I need to toss the foods?

With the exception of baby food and formula, the dates on food packages are meant for quality. Baby food has an "expiration date," so it should not be used past the date. However, most foods can be consumed for days or even weeks after the date on the package if they have been stored and handled safely from the store to your home.

Besides the product dates, you should use your other senses such as sight and smell to decide if any food is safe to eat. If you smell off-odors or see visible signs of spoilage such as mold, toss the foods.

"Sell by" dates are meant for use by grocery stores. After the "sell by" date, the store should pull the product from the shelf. Be sure that your refrigerator maintains food at 40 degrees or lower as measured by a refrigerator thermometer. If you travel a distance to the grocery store, bring a cooler and ice to keep your perishable foods, such as dairy and meat, cold.

- **Eggs:** Properly stored eggs last three to five weeks beyond the date listed on the package. Instead of putting your eggs in the "egg compartment" in some refrigerator doors, keep them in the carton and store in the main area of your refrigerator.
- **Milk:** When kept cold, milk maintains its flavor and safety five to seven days after the "sell-by" date. Milk is very perishable, though, so be sure you put the container back in the refrigerator right after you pour a glass.
- **Yogurt:** When kept cold, yogurt can be eaten seven to 10 days beyond the date on the package. It may separate into layers, but you can stir the yogurt before eating. If you bought too much, keep in mind that yogurt can be frozen.

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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.

