



Mix Up Your Breakfast Menu

Do you eat breakfast on most days?

If you do, you might notice that when you miss breakfast, you feel less energetic. Maybe concentrating on what you are doing gets difficult around midmorning. You might feel the need to rush to the cupboard or vending machine for a snack about 10 a.m.

Some research has linked eating breakfast to helping people manage the total amount of food (and calories) they eat. Sometimes, breakfast skippers eat more later in the day.

Researchers at Cornell University asked people on a national weight registry what they commonly ate for breakfast. They found that people who were at a healthy weight commonly tended to eat fruits and vegetables (51 percent), dairy (41 percent), cold cereal (33 percent), bread (32 percent), eggs (31 percent) or hot cereal (29 percent).

Making breakfast at home is much less expensive, and usually more healthful, than stopping on your way to work at a drive-through window. You can find recipes on our website, www.ag.ndsu.edu/food (click on "recipes," then "breakfast").

Mix up your breakfast menu now and then with these tasty ideas:

- Try making scrambled eggs in a mug.
- How about a waffle sandwich with nut butter? Toast frozen waffles and add your favorite filling.
- Have a smoothie with milk and fruit. For a protein boost, add some nonfat dry milk.
- Have a minute?
Assemble a breakfast burrito with a flour or corn tortilla, shredded cheese and your favorite salsa. Place in the microwave for about 20 seconds or until cheese melts. If you prefer, add a scrambled egg to boost the protein.
- Make an apple sandwich. Hollow out an apple and fill with your favorite nut butter, grab a cup of milk and off you go!
- Make homemade oatmeal in your microwave oven. The recipe is on the box. Add some dried fruit and nuts for flavor and crunch.
- Make your favorite muffins and freeze individually in small freezer bags. Try muffin recipes with fruit to add nutrition.
- Try making fruit and yogurt parfaits. Sprinkle with crunchy cereal right before serving.
- For a heartier breakfast, make some pancakes. To save time, mix the dry ingredients for pancakes in the evening. Add the wet ingredients (eggs, buttermilk) in the morning.



I like to have yogurt for breakfast, so I buy many containers when it is on sale. How long can I keep yogurt in my refrigerator?

Most yogurt packages have a “sell by” date on the container. The “sell by” date is the last date that yogurt can be sold from grocery store shelves. The yogurt will be safe to eat longer than the date on the package. As long as the yogurt has been refrigerated at 40 F or below, it should be safe to eat for up to 10 days beyond the date.

Yogurt often will separate into liquid and solid, but you can stir it to mix it. If you notice any signs of mold or an unusual “clumpy” texture, then discard it. You also can freeze yogurt for about two months at 0 degrees, but the texture might change.

FoodWi\$e Tip of the Month

You probably have heard that we all should try to make half of our grain choices whole grains.

Whole-grain oats are a good source of the type of fiber that can help reduce blood cholesterol. Oats also provide protein that helps us feel full longer.



Different types of oats are available.

- “Old fashioned” oats are whole oats that are flattened during processing.
- “Quick” oats are rolled oats that are cut into smaller pieces so they cook more quickly.
- “Steel-cut” oats are cut into larger pieces than quick oats, and they have a different texture after cooking.

Here's a make-ahead recipe for a twist on oatmeal. Mix it at night and have a ready-to-go breakfast in the morning. For fun, try placing it in a Mason jar.

Overnight Oatmeal

- 1 c. uncooked old-fashioned rolled oats
- 1 c. low-fat yogurt
- ½ c. nonfat or 1% milk
- ½ c. berries, fresh or frozen (blueberries, strawberries, etc.)
- ½ c. chopped apple

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or just before eating.
3. Cover and refrigerate oatmeal mixture for six to 12 hours.
4. Serve cold.
5. Refrigerate leftovers within two hours.



Makes two servings.

Each serving has 330 calories, 4 grams (g) fat, 13 g protein, 62 g carbohydrate, 7 g fiber and 100 milligrams sodium.

Just for Fun

Why did the man stare at the can of orange juice?

Because it said “concentrate.”



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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.

