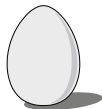


## Breakfast is Important to Everyone

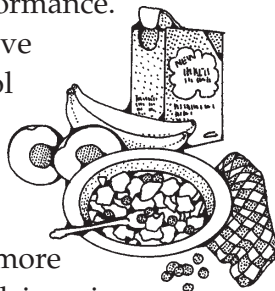


We all “fast” for seven or more hours a night when we sleep. If you feel a little sluggish when you miss your morning meal, you have a good reason. You’re running your “engine” on empty.



Eating breakfast restores your body’s supply of blood glucose, the brain’s main fuel source. Here are some benefits of breakfast:

- People who eat breakfast tend to eat more healthfully all day. Breakfast skippers usually don’t make up for the nutrients they missed at breakfast, and they may overeat later.
- Breakfast improves school performance. Children who skip breakfast have trouble staying on task in school and become tired and irritable.
- Breakfast improves nutrition. Researchers have shown that children who eat breakfast are more likely to meet their needs for calcium, iron, riboflavin, folic acid, vitamins A and D, and other nutrients. They also eat less fat.



### Break the Fast With Nourishing Food

- Aim for variety. Choose foods from three or four different food groups, such as a grain, meat, fruit and milk, for breakfast.
- Have some protein. Researchers have shown that people who eat a protein-containing breakfast performed better on tests involving thinking and concentration. For example, having a glass of milk, container of yogurt, a piece of cheese, peanut butter on your toast or a hard-cooked egg all would add protein.
- Choose cereal wisely. When shopping, look high on the shelves instead of at eye level or lower, where the kids’ cereals often are placed.
  - Read the Nutrition Facts labels carefully. Compare fiber, sugar content, vitamins and minerals.
  - Compare cereal prices. Consider store brands, and use the unit price found on most store shelves.
  - Choose whole-grain cereals and whole-grain breads. To select whole-grain foods, check the first couple of items on the ingredient list. For example, look for oatmeal, whole wheat or whole grain. Look for a health claim on the package.

**For more information, visit [www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart).**

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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I always have the same thing for breakfast: a piece of toast and coffee. I'm usually hungry by 10 a.m., so I grab a candy bar from the machine at work. Do you have any ideas?

### How about one of these ideas?

- Cereal with sliced bananas and milk
- Homemade cereal mix with whole-grain cereal, nuts, dried fruit and milk
- Graham crackers with peanut butter, and a fruit and yogurt smoothie
- Oatmeal with raisins and low-fat milk
- Peanut butter on whole-wheat toast, apple slices and low-fat milk
- Minipizzas made with English muffins, pizza sauce and cheese, and orange juice
- Scrambled eggs, whole-wheat toast, orange slices and low-fat milk
- Leftover pizza, sliced cantaloupe and low-fat milk
- Scrambled eggs with salsa wrapped in tortillas; sliced peaches; and low-fat milk

[www.fns.usda.gov/tn/Resources/EatSmart/powerupwithbreakfast.pdf](http://www.fns.usda.gov/tn/Resources/EatSmart/powerupwithbreakfast.pdf)

### Can You "Unscramble" These Clues?

Unscramble these words (they're all foods). Transfer the circled letters in these words to the circles under the puzzle to discover the mystery word.

1. ALBGE ○ \_\_\_\_\_
2. RELACE \_\_\_\_\_ ○ ○ \_\_\_\_\_
3. KHESA \_\_\_\_\_ ○ ○ \_\_\_\_\_
4. TIFRU ○ \_\_\_\_\_
5. OSTAT \_\_\_\_\_ ○ ○ \_\_\_\_\_

Mystery word: \_\_\_\_\_

1. bagel, 2. cereal, 3. shake, 4. fruit, 5. toast; Mystery word: breakfast

Answers

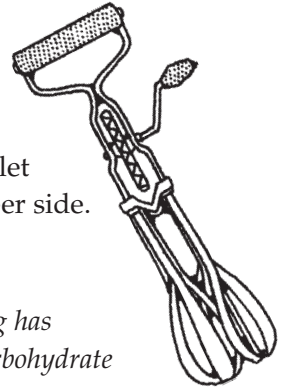
Source: "Power Up for Breakfast."  
Team Nutrition – U.S. Department of Agriculture

# Cinnamon French Toast

- 2 eggs
- 4 egg whites\*
- 1 c. milk
- 1/8 tsp. cinnamon
- 8 pieces toast, wheat or white
- Toppings (vanilla yogurt, strawberries, blueberries)

**Menu Idea:**  
Cinnamon French Toast with strawberries, lean ham and low-fat milk

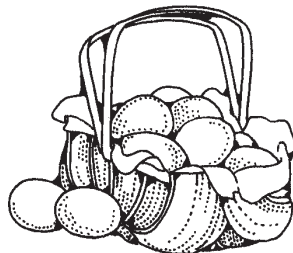
In a bowl, beat together the eggs, egg whites, milk and cinnamon. Dip each piece of bread into the egg mixture and coat thoroughly. Place on a greased, preheated skillet and cook for about two minutes per side.



Makes four servings.

Without added toppings, each serving has 215 calories, 8 grams (g) fat, 28 g carbohydrate and 2.5 g fiber.

Recipe source: 3-A-Day of Dairy:  
[www.nationaldairyCouncil.org/](http://www.nationaldairyCouncil.org/)



\* **Quick Tip:** Refrigerate the leftover yolks and use in scrambled eggs the following day. Add three whole eggs and 1/3 cup milk, mix thoroughly and cook in skillet sprayed with nonstick spray. Top with salsa and cheese for a skillet meal for four.

## Just for Fun

What happens when you tell an egg a joke?

It cracks up.

Julie Garden-Robinson, Food and Nutrition Specialist

**McKenzie and Williams Counties Family Nutrition Program**

Please call for more information on nutrition, food purchasing or food safety.



**FAMILY NUTRITION PROGRAM**

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