

# Food Facts

*Sensible Nutrition for Healthy Families*

## Get the Breakfast Boost

The morning is a busy time for everyone, especially when you have a family you're trying to get out the door. But just because you're in a rush, don't skip the most important meal of the day.



### Why is breakfast so important?

It is kind of like putting fuel in your car. If your tank is empty, you are not going to make it very far. The same is true with your body. Your body's fuel source is low in the mornings because it has been about 10-12 hours since you have eaten. Eating something in the mornings gives you energy to start the day.

Research has shown that both children and adults who eat breakfast have better attendance and performance at school and work.

#### **What if I'm not hungry in the mornings?**

Eat something light such as a piece of toast or some fresh fruit and then take a nutritious snack for mid-morning. You'll feel better and will be less likely to overeat later in the day.

### Making Time for Breakfast

Here are some tips for fitting breakfast into your busy morning routine:

- Set your alarm clock 15 minutes early. Use this extra time for breakfast.
- Prepare food the night before and refrigerate for a quick-to-fix breakfast the next morning.
- Keep foods on hand that can be eaten on the go such as granola bars and fresh fruit.
- Take advantage of school breakfast programs. They provide a healthy, balanced meal for your child.

## Quick & Easy Breakfast Ideas

Try these out these options for a breakfast that can be eaten on the run!

- Take some dry cereal with you in a snack bag along with a carton of milk or 100% fruit juice
- Try a carton of yogurt with some granola or berries
- Spread some peanut butter on a whole-wheat tortilla and wrap around a banana
- Make a quick breakfast burrito with scrambled eggs and salsa on a whole-wheat tortilla
- Place a slice of cheese on a piece of whole-grain toast and serve with fruit
- Try leftovers from other meals—don't limit yourself to only traditional breakfast foods.



If you enjoy ready-to-eat breakfast cereals, choose one that is made from whole grains and does not have a lot of added sugars. A cereal that is high in fiber is better for you and will help you feel full longer.

## Oatmeal Raisin Muffins

Make these muffins ahead of time for a “grab and go” breakfast.  
Extra muffins can be frozen and reheated in the microwave.

### Ingredients:

non-stick cooking spray  
1 ½ cups all-purpose flour  
1 tablespoon baking powder  
1 teaspoon salt  
⅓ cup sugar  
½ teaspoon cinnamon  
1 cup uncooked quick cooking oatmeal  
½ cup raisins  
1 egg  
1 cup non-fat milk  
⅓ cup applesauce

### Directions:

1. Preheat oven to 400°F.
2. Lightly spray muffin tin with non-stick cooking spray (or use paper liners).
3. In a large bowl, mix together flour, baking powder, salt, sugar, and cinnamon.
4. Stir in the oatmeal and raisins.
5. In a separate bowl, beat together egg and milk.
6. Add applesauce to milk mixture.
7. Pour milk mixture into flour mixture and stir only until dry ingredients are wet. Batter will be lumpy.
8. Fill muffin cups ⅔ full of batter.
9. Bake at 400°F for 20-25 minutes.

Makes 12 servings; Serving Size: 1 muffin  
Nutrition Information per Serving: 140 calories, Total Fat 1g, Saturated Fat 0g, Protein 4g, Total Carbohydrate 29g, Dietary Fiber 2g, Sodium 312mg