

MINUTE NUTRITION NEWS

January 2013

How about a New Year's Breakfast-Resolution?

Many of us have heard that breakfast is the most important meal of the day. Yet, many of us still find it hard to make breakfast a regular part of our lives. As you start your new year, how about giving breakfast another well-deserved try? Here are some tips that may help overcome your roadblocks to this wonderful meal.

Roadblock #1 – “I’m just not hungry in the morning!”

- ✓ It may take your body some time to get used to your new habit. Start slowly. For this week, have a piece of fruit as breakfast. Next week, add an extra glass of milk. Eventually, include at least three food groups to create a balanced breakfast.
- ✓ Once your body gets used to this new habit, it may even remind you to eat in the morning by telling you it's hungry.



Roadblock #2 – “I don’t have time in the morning!”



- ✓ A balanced breakfast does not have to take a lot of time. You can prepare a healthy breakfast in just five minutes! Check out the next page for ideas.
- ✓ Who says you have to sit down at the table to eat? With some proper planning on the night before, you can “grab and go” your breakfast on the way out the door.
- ✓ Breakfast does not need to be eaten all at once. Try separating your breakfast into two smaller meals or snacks. For example, eat half your breakfast at home and the other half when you get to work.

Roadblock #3 – “It’s just not a priority in my life right now!”

- ✓ Although eating breakfast may not be your priority, some of the benefits of eating breakfast may be important to you.
- ✓ Children who eat breakfast have a better chance of getting the nutrients they need and performing better in school. If you are a parent, you can set a great example to your children by eating breakfast everyday.
- ✓ Eating breakfast regularly is related to having a healthier body weight. A healthy body weight can reduce your risk of chronic diseases such as diabetes, high blood pressure, and heart disease.



Roadblock #4 – “It’s inconvenient and too different compared to my lifestyle right now!”



- ✓ Starting an entirely new habit can seem overwhelming. Start by setting small goals. For this week, eat breakfast once a week. Next week, eat breakfast two days a week. Slowly add more days until eating everyday becomes a new habit.
- ✓ You can help motivate yourself by monitoring your progress on a calendar, or telling your friends and family about your weekly goals to keep you on track.

RECIPE OF THE MONTH

January 2013

Simple Breakfast Ideas

Prepare these in five minutes!	Prepare or pack these the night before; grab and go in the morning!
<ul style="list-style-type: none"> • Yogurt parfait - layers of yogurt, granola, fruit • Cereal (you can mix different kinds for variety) with milk and sliced bananas • Whole wheat tortilla spread with peanut butter, wrapped around a banana • Instant oatmeal cooked with milk, topped with ½ cup berries • Whole grain toast spread with nut butter, and a glass of 100% fruit juice • Whole wheat English muffin with hummus, and a glass of milk 	<ul style="list-style-type: none"> • Smoothie with yogurt, milk, fresh or frozen fruit • Homemade trail mix - cereal, dried fruit, seeds • Apple, whole grain roll and a hard-boiled egg • Apple slices, peanut butter, whole grain crackers • Multigrain bagel, slice of cheese, 100% juice box • Baby carrots, yogurt (for dipping), whole grain crackers • Cottage cheese, fruit, dry cereal • Small homemade muffin, fruit, carton of milk

Invisible Tofu Smoothie



Makes 1 Serving

Prep Time: 5 minutes

Ingredients:

3 oz	Silken or soft tofu
¾ cup	Milk, 2%
1 cup	Strawberries, frozen
¼ cup	Rolled oats
2 tsp	Honey (optional)

Directions:

1. Combine ingredients in a blender. Blend thoroughly.
2. Serve and enjoy!

Nutrition Facts (values are approximate)	
Per serving	
Amount	% Daily Value
Calories 330	
Fat 7.9 g	12 %
Saturated 1.9 g + Trans 0.1 g	10 %
Cholesterol 15 mg	5 %
Sodium 95 mg	4 %
Potassium 733 mg	21 %
Carbohydrate 53 g	18 %
Fibre 5 g	20 %
Sugar 29 g	
Protein 14.1 g	
Vitamin A	12 %
Vitamin C	103 %
Calcium	26 %
Iron	20 %