

Nutrition Connection

The latest news and events from the [Kendall Anderson Nutrition Center](#) at Colorado State University

New Year's goal: Start your day with a healthy breakfast!

Starting your day with a healthy breakfast will set you up for a day of healthy eating. If you skip breakfast you risk craving junk food by the time mid-morning arrives. Seventy-eight percent of members of the National Weight Control Registry (www.nwcr.ws) eat breakfast every morning, and they have lost an average of 66 pounds and kept them off for over five years!

An ideal breakfast incorporates both fiber and protein, which help keep you feeling full. They also prevent insulin spikes to keep your blood sugar steady until your next meal or snack. Good fiber sources include whole grains, fruit, and nuts. Good protein sources include nuts, eggs, lean meat, and dairy (milk, cheese, and yogurt).

Breakfast Ideas

- Oatmeal with walnuts and apples
- Whole wheat English muffin with peanut butter and a dash of cinnamon
- Parfait with low-fat yogurt, berries, and nuts
- Breakfast taco with eggs, reduced-fat cheddar, and salsa
- Fruit-based smoothie (See recipes for [Mango Spinach Smoothie](#) and [Berry Banana Smoothie](#))
- Granola (look for lower sugar and no added oils) with nuts and fruit (See recipes for [Cranberry Pecan Granola](#) and [Crunchy Homemade Granola](#))



Defining a Quality Breakfast

Breakfast is the meal that *breaks the fast* that occurs during sleep; it is best to eat within 2 to 3 hours of waking. A quality breakfast incorporates nutrient-dense foods that provide vitamins, minerals and energy, leaving you feeling full and ready to take on the day. Food groups to focus on include fruits, vegetables, protein and whole grains. Incorporating good fats - such as those in nuts, seeds, olive oil and avocados - have heart-healthy benefits and will also help you feel full.



Tips to Get a Balanced Breakfast Every Day

- ☀ **Plan Ahead.** Before you go to bed plan what you are going to have for breakfast. Having a quick plan you can execute when you wake up ensures you can fit breakfast into the morning rush.
- ☀ **Breakfast on the go.** If you are pressed for time try preparing breakfast to go. Examples: Prepare oatmeal or a yogurt and fruit parfait in a mason jar. Wrap up a whole grain tortilla or sandwich with nut butter in foil and enjoy with a piece of fruit such as an apple or banana.
- ☀ **Add variety.** If you are tired of eating the same old cereal try something different. Eat leftovers from last night's dinner, scramble tofu with a variety of chopped veggies and cheese, or investigate the assortment of turkey and chicken sausages available.

Benefits of Breakfast!

1. **Boosts energy.** Jump start your metabolism by eating a meal after waking up.
2. **Enhances concentration.** Breakfast enhances brain function, thus helping your memory, alertness and ability to focus.
3. **Improves attitude.** Starting the day with a full stomach can improve your overall mood.
4. **Manages weight and blood sugar.** A healthy breakfast can control your appetite and prevent overeating later in the day.
5. **Helps you get your 5-a-day.** We all need 5 fruits and vegetables daily, and adding 1 or 2 to breakfast is both easy and nutritious.



Pepper and Onion Frittata

Try this high protein dish to start your day on the warm side. You can even make it the night before.

Ingredients

- 3 whole eggs
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 1 medium red bell pepper, sliced
- 1 small onion, sliced
- 1/3 cup low-fat shredded cheddar cheese



Photo by Judy Baxter/Flickr

Directions

1. Turn oven to broil
2. In mixing bowl, mix together eggs, salt and pepper.
3. Heat oil in skillet over medium heat and add sliced peppers and onion. Cook until soft, about 8-10 minutes.
4. Pour in egg mixture and gently stir with spatula. Cook until eggs begin to set on the bottom, about 2-3 minutes.
5. Sprinkle shredded cheese over the top.
6. Place skillet in the oven and broil for 3-4 minutes until the egg is set and the cheese is bubbly.
7. Allow to cool then slice into wedges.

Prep time: 15 minutes

Cook time: 25 minutes

Serving Size: about 1 ½ cups

Number of Servings: 4

Nutritional Information/ Amount per serving:

Calories	79g	Protein	5g
Total Fat	5g	Total Carbohydrates	3g
Saturated Fat	1g	Dietary Fiber	1g
Cholesterol	94mg	Sodium	266mg



Get Healthy With KANC!

SPRING 2015

WHY GO ANYWHERE ELSE WHEN WE HAVE WHAT YOU NEED: CLASSES, MATERIALS AND APPOINTMENTS FOR THE BUSY PERSON YOU ARE!

★ **Dining With Diabetes** returns with 4 weekly classes that combine nutrition information and social support with meal planning and cooking skills practice. Dinner is included each week in addition to a program manual and pedometer. This program is especially helpful for anyone with pre-diabetes or type 2 diabetes, and great for helping manage gestational diabetes as well. Taught by a registered dietitian.

Thursdays: January 29th and February 5th, 12th, and 19th from 5:30 - 7:30 pm

Cost: \$100 for complete series (\$60 CSU employees and students)

★ **Healthy You** is a successful series of 6 weekly classes that include nutrition information and strategies for meal planning, shopping, eating out, exercising, weight management, emotional eating, and identifying sugar, salt and fiber sources. Great whether you want to lose weight or just get healthy. Participants receive program manual, pedometer, weekly prizes, and social support. Taught by a registered dietitian.

Wednesdays: March 25th and April 1st, 8th, 15th, 22nd, and 29th from 6 - 7:30 pm

Cost: \$100 for complete series (\$60 CSU employees and students)

★ Can't make it to campus? We are here for you virtually. Try our self-paced **Healthy You** for just \$50.

Sign up online or call soon to reserve your spot!

www.nutritioncenter.colostate.edu or (970) 491-8615

Location for all activities: Room 114 Gifford building on the CSU campus

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