Start Your Day Right With Breakfast

“Breakfast is the most important meal of the day.” — Grandma

☀ Why Breakfast is Important

Eating breakfast breaks the overnight fast that occurs during sleep. For some, you may wake up hungry 12 hours after you ate dinner. For others, it may be only 6 hours since you ate a snack and you are not yet hungry. The goal is to eat a little something to kick-start your metabolism and give you energy to begin your day!

☀ Breakfast Benefits

1. A healthy breakfast can boost your energy level.
2. Eating breakfast can help prevent overeating later in the day. Waiting to eat 3 or 4 hours after you wake up increases the chance of overeating and making less healthful food choices.
3. Starting your day with a good breakfast benefits brain function, thus helping your memory and ability to focus.
4. Hunger can cause irritability. Starting the day with a full stomach can improve your overall mood.
5. If you exercise in the morning, eating a small snack before your workout will help your

What makes a good breakfast?

- **Protein**: Eating protein can help you feel satisfied because it will keep you feeling full for a long period of time. Eggs, yogurt, lean meats, nuts and peanut butter are all good sources of protein.

- **Fiber**: Fiber fills you up fast and keeps you full. Fruit, whole grain toast, a corn tortilla, oatmeal or vegetables scrambled with eggs will provide you with much needed fiber.

- **Healthy fats**: Fats can have a bad reputation, but those found in nuts and seeds contain heart-healthy properties. Fating a little bit of fat will also help you feel full. Enjoy walnuts in your cereal or peanut butter on your toast.

- **Think outside the box**: your first meal of the day does not have to be eggs or cereal. Eat what is easy and sounds good, keeping in mind the 3 tips above.
How to Fit Breakfast into Your Busy Morning

- **Have a plan.** Know what you are going to have for breakfast before you go to bed. Have a quick plan you can execute when you wake up rather than trying to come up with an idea during the morning rush.

- **Keep it simple.** If you usually do not have time for breakfast, save the pancakes, waffles and omelets for Saturday morning and pick something simple and quick (see ideas below).

- **Do a little work ahead of time.** Prepare a couple of days’ worth of oatmeal at once. In the morning, add milk and toppings and reheat. Bake mini quiches using muffin tins and keep them in the freezer or refrigerator. When you are ready to eat one, pop it the microwave and enjoy with a piece of fruit.

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**Quick Breakfast Ideas**

Pressed for time? Try some of these quick, healthy, to-go breakfast ideas.

- **Smoothies.** Check out the smoothie recipe ideas on the next page. You can get fiber, protein and healthful fats into one delicious smoothie and sip on it during your first class, meeting or appointment of the morning.

- **Whole grain bread or tortillas.** Make a quick peanut butter (or almond butter) and banana sandwich or wrap. Perfect to eat on the go.

- **Eggs.** Believe it or not, you can cook eggs in the microwave! Scramble a couple of eggs with a splash of milk and microwave for about 30 seconds. Stir and microwave for another 30 seconds more. You can eat them as is, or wrap them up in a whole wheat tortilla with some spinach, hot sauce and a sprinkle of shredded cheese.

- **Cereal.** Cereal is an easy and quick option, but many cereals are loaded with refined grains and sugar. Pick a whole grain cereal high in fiber and low in sugar (less than 10 grams sugar per serving). Try mixing your cereal with fat-free or low-fat plain yogurt, toss in some raisins or berries to sweeten it up, and add walnuts for healthful fats.

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Mini Breakfast Quiches

Make these ahead of time for a quick on-the-go breakfast!

**Ingredients**
- Nonstick spray
- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped white or yellow onion
- 1 cup chopped red & green peppers
- 1/2 cup finely chopped broccoli florets
- 1 cup low sodium-deli ham, cut into 1/4-inch pieces
- 6 large eggs
- 1 cup 1% or nonfat milk
- 1 cup shredded cheddar cheese
- 1/2 teaspoon each salt and pepper

**Directions**
1. Preheat oven to 350°F and coat muffin pan with nonstick spray.
2. Heat olive oil in a skillet over medium heat.
3. Add chopped onion and peppers to skillet and cook for one minute. Add broccoli and ham to skillet and heat until onions are soft and the ham is lightly browned. Set aside to cool.
4. In a bowl, beat eggs and milk together until well blended. Add cheese, salt, and pepper to bowl and mix together.
5. Fill each muffin cup with equal portions of the cooled vegetable mixture.
6. Use a ladle to pour egg mixture over the vegetable mixture in the muffin tins and bake for about 20 minutes, until firm in the center.
7. Allow to cool before removing. Store in airtight container in refrigerator or freezer. Reheat before serving.

**Delicious Smoothies**

**Light and Refreshing**: Start with a base of coconut water, milk, or milk substitute; add any combination of flavorful fruit such as pineapple, mango, or strawberries. Add two large handfuls of spinach. Add banana, avocado or yogurt for a creamy texture if desired.

**Blueberry Banana**: Start with a base of milk or milk substitute. Add banana, blueberries, almond butter, chia seeds, and raw kale (stem removed).

**High Protein**: Start with a base of milk or milk substitute. Add in raw oats, plain yogurt, peanut butter, banana and a splash of vanilla. (This smoothie is likely to be higher in calories, so be mindful of ingredient quantities).
Scheduling Now!

Dining with Diabetes Program
This program includes 4 weekly classes to help you achieve a healthier lifestyle while controlling your diabetes. Topics include diabetes management, reduction of complications, nutrition education, menu planning, portion control, and a hands-on cooking class (with dinner) each week.
- Times & Dates: 6-7:30 pm, April 17-May 8 (Thursdays)
- Cost: $100 ($75 for CSU students and employees); scholarships available.

Cooking Classes
Inspired by our popular “International Cuisine” dining series, this new adventure with introduce you to tastes of our own great country. Join us for easy (and in some cases more healthful) dishes from each region of the United States, using traditional ingredients and techniques.
- March 26 - Deep South
- April 23 - Far West (California and Hawaii)
  - Times: 12-1 pm or 6-7 pm
  - Cost: $25 per class ($12 for CSU students and employees)

Resting Metabolic Rate
State of the art equipment determines your basic calorie needs in a 30-minute appointment, and we provide recommendations based on your activity or weight goals.
- Cost: $100 ($50 for CSU students and employees).

Classes fill up fast, so sign up online or call soon to reserve your spot!