

SENIOR NUTRITION NEWS

Eat Smart Idaho

September 2023

Breakfast: What You Need to Know

It's easy to find reasons not to eat breakfast. The best breakfast is the one you will eat! If you don't eat in the morning, it is usually difficult to catch up on those missed nutrients throughout the rest of your day.

Breakfast doesn't have to be traditional breakfast foods. Choose foods that you enjoy and that provide your body with the important nutrients it needs.



Breakfast:

- Provides important nutrients.
- Prevents hunger, and overeating later on in the day.
- Gives your body the energy it needs after not eating for many hours.

Breakfast should include:

- √ **3 to 4 different food groups**
- √ **A protein-rich food** (ie. eggs, cheese, peanut butter, yogurt, fat-free milk, cottage cheese, beans, lean sliced deli meats, etc.). Protein rich foods help you feel fuller longer.
- √ **A whole-grain.** Hot or cold whole-grain cereals, whole-wheat crackers, whole-grain frozen waffles, a whole-wheat tortilla or whole grain bread are all great options. (Check the nutrition label to make sure that a whole grain or whole wheat is the first ingredient listed and that there are at least 3 grams of fiber per serving).
- √ **Low-fat dairy foods** will provide you with important nutrients such as calcium and vitamin D.
- √ **Fruits and/or vegetables.** Most people don't eat enough fruits and vegetables. Breakfast is a great time to get another serving of them.

Broccoli Cheddar Egg Cups

3 cups broccoli chopped, fresh or frozen
1/2 cup low-fat cheddar cheese, grated
1/4 cup oat flour

6 eggs
1 cup fat-free milk
1 tsp black pepper, ground

1. Preheat oven to 350°F. Prepare a muffin tin with baking cup, set aside.
2. Wash fresh broccoli under cold water. Steam until slightly tender, drain, and chop into small pieces. For frozen broccoli, thaw, drain, chop into small pieces.
3. In a large mixing bowl whisk together eggs, milk, oat flour, and black pepper. Gently fold in the vegetables and cheese.
4. Fill each muffin baking paper with batter to the top.
5. Bake for 20-25 minutes, until golden colored.



Avocado Toast

1 whole fresh avocado
1/4 tsp ground black pepper

2 slices whole wheat bread

1. Gently rub avocado under cool running water.
2. Hold avocado firmly with one hand. Carefully cut avocado skin, lengthwise, from stem to stem. Pull avocado in half. Remove pit with a spoon.
3. Toast bread to desired level of doneness.
4. Slice avocado while still inside skin. Remove with a spoon or fork and place on-to pieces of toast. Top avocado toast with coarsely ground pepper.

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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