

Nutrition Times

Prepared monthly by South Zone dietitians, Nutrition Services

The Importance of Breakfast

With kids back in school, mornings may be a little busier but don't skip out on breakfast! There are many great reasons to start the day with a healthy breakfast:

- it can help you and your family have more energy for school, work and play.
- it may help you stay at a healthy body weight which can lower your risk of developing chronic diseases.
- eating breakfast improves memory and test grades.
- people who skip breakfast often have low intakes of calcium, iron, and fibre.
- children who do not eat breakfast are more likely to miss class, be late, or be sick than children who eat breakfast.

Not a breakfast eater?

If you are not used to eating early in the morning, try waiting an hour before you eat. Start with 1 or 2 foods such as:

- a piece of fruit
- low fat yogurt
- an egg
- lower fat cheese
- toasted whole grain bread or English muffin
- fruit and nut bar
- whole grain cereal with milk

Slowly increase your breakfast meal to include choices from 3 or 4 the food groups from Canada's Food Guide.

Breakfast Tip:

Look for:

- cereals and grains with more than 2 grams of fibre per serving.
- whole grain cereals and breads with less than 9 grams of sugar per serving.
- muffins, granola bars and cereals that have added fruit with less than 13 grams of sugar per serving.



Need extra time?

Try to prepare breakfast or set the table the night before to save time in the morning. Here are some quick breakfast ideas:

- whole grain waffle or pancake topped with fruit and yogurt.
- crockpot oatmeal with nuts, apples and cinnamon added.
- whole grain toast or bagel with peanut butter and banana
- leftovers: homemade pizza, soup or pasta
- smoothie with a bran muffin

Basic French toast recipe

4 large eggs, lightly beaten
½ cup (125mL) 1% milk
8 slices whole grain bread
1 Tbsp (15 mL) canola oil

Beat eggs and milk together in a bowl. Dip bread slices into the egg mix to coat each side. Heat the canola oil in a frying pan over medium heat. Brown each side of the bread until it is cooked through. Serve right away or freeze for later. Reheat frozen French toast in the toaster or microwave for 30-45 seconds.

Tasty toppings include: fruit, yogurt, peanut butter and light syrup, cinnamon, or triple fruit jam.

Basic Smoothie Recipe

½ banana, medium
½ cup (125 mL) 1% milk
1 cup (250 mL) fresh or frozen fruit or berries

Blend ingredients in a blender until smooth. Makes 1 serving.

Any combination of fruit works! For a thicker smoothie, use plain yogurt instead of milk.

Adding other options such as spinach or kale, garbanzo beans, frozen tofu, ground flax, wheat germ, or high fibre cereal will add extra nutrients and/or fibre to your smoothie.



Upcoming Classes

Brooks: All classes are Free

Baby Building and Prenatal Nutrition Class: TBA. Register at 403-501-3300.

Alberta Healthy Living Program Classes: ongoing; call 403-793-6659 to register.

Medicine Hat: All classes are Free

Nutrition and Healthy Eating during Pregnancy: Sept 21 or Oct 26, 7-9pm. Call 403-502-8215 to register. Not just for first time moms; come find out what is new!

Baby Steps Infant Nutrition: Oct 19 or Nov 30, at Community Health Services, 2948 Dunmore Rd SE, drop in. Call 403-502-8215 for info.

Alberta Healthy Living Program Classes: ongoing; call 403-529-8969 to register.

Lethbridge: All classes are Free

Pre- and Postnatal Nutrition Classes: ongoing; call 403-388-6668 to register.

Alberta Healthy Living Program Classes: ongoing; call 403-388-6654 to register.

Contact:

If you have questions about information in this article, contact your local Registered Dietitian at Community Health Services:

801 1st Avenue South
Lethbridge, AB T1J 4L5
403.388.6666

2948 Dunmore Road SE
Medicine Hat, AB T1A 8E3
403.502.8200

440 3rd Street East
Brooks, AB T1R 1B3
403.501.3300