



Why Eat Breakfast?

Cornell Health and Nutrition

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From My Garden

I took a road trip in mid-October to attend a meeting in Ithaca, NY and to spend some time on the family farm, in Chemung NY. Since

I wanted to take my dog, Max, I drove from Chicago to Chemung, with an overnight stop in Cleveland. Before leaving Cleveland, a waitress asked me a standard breakfast question "White or wheat toast?" and that got me thinking about two of my favorite things: language and food (this is probably a sign I shouldn't drive alone ...).

Mom Was Right: Breakfast *IS* the Most Important Meal

Breakfast. Do you eat something? Anything? Coffee by itself doesn't count. And neither does a Krispy Kreme donut. I know it's hard - you're rushing to get out the door with everything else you have to do in the morning. What if I told you that people who eat breakfast gain less weight over their lives? That children who eat breakfast do better in school? That employees are more productive? All three statements have been proven over and over again in studies. If you eat a good, balanced breakfast you'll feel better all day, will gain less weight, and will be more productive. What's not to like about that?

But what's the right thing to eat for breakfast? Not surprisingly, advice on breakfast is not much different than health eating recommendations for each meal: some protein, some fruit or vegetables, some whole grains (see below for fast food recommendations and quick recipes you can make at home). Notice that sugar is NOT on this list. Eating sugar for breakfast (donuts, cereal that's more like candy than food, candy) sets you up for two things: an energy crash about 2 hours later, and cravings for more sugar.

The most important thing is to have what you need on hand to make what you (and your family) like to eat. A little planning, a little cooking once and re-heating; really it's not hard once you get the hang of it. So eat up before you hit the road to wherever you go first thing in the morning. You'll feel better for it.

Breakfast on the Go

According to Men's Health Magazine and the Nutrition Action Health Letter here are some *relatively* healthy choices when you are on the go - but most of these have so much sodium in them you wouldn't want to eat them every day:

How interesting that our language recognizes that white bread isn't really nutritious and identifies it by color rather than ingredient? Both toast options are made from the same basic materials: wheat, water, yeast. But white breads have had many of the nutrients and fiber stripped out of them in the process that makes their flour white. In England, the same question is posed as "white or brown?" But in the US, we offer white (the color) or wheat (the main ingredient). So, really, we know what choice we should make, don't we? Our word choice says it all.

When I wasn't driving 1200 miles round-trip, I was watching my tomatoes struggle to ripen the last of their fruit. I have carrots still in the ground, and some onion seedlings sprouting. There's Swiss chard and a little bit of lettuce under row covers to keep the frost away and prolong the season slightly.

In Chicago, the Farmer's Market season has ended but I have stores of pesto sauce, and tomato coulis in the freezer to help me get through the long winter. Plus they make a quick dinner a snap to

At **Starbuck's** (NEW as of September):

- Perfect Oatmeal with the nut medley or dried fruit
- apple bran muffin
- Power Protein Plate
- Chewy Fruit & Nut Bar
- Berry Stella
- if you must have a sandwich, choose the black forest ham, egg and cheddar

McDonald's

Egg McMuffin (300 calories, 12 g of fat but 820 mg of sodium)

Jamba Juice

Pick the all fruit smoothies (like Peach Perfection or Berry Fulfilling in the 24 oz size) and add a shot of protein powder

Dunkin' Donuts

Ham, Egg and Cheese English Muffin Sandwich (310 calories, 10 g fat, but 1270 mg sodium)
- oddly the multigrain bagel with lite cream cheese will set you back 500 calories, 15g of fat, and 930 mg of sodium, so don't order that

Denny's

- two fried eggs with grits and grapefruit juice
- veggie-cheese omelette with Egg Beaters

Burger King

Egg and cheese croissan'wich

Recipe of the Month: Jump Start Oatmeal

Serves 4

- 1 1/3 cups water
- 1 1/3 cups milk
- 2 teaspoons cinnamon
- 1 teaspoon ground ginger
- 1 tablespoon honey
- 1 1/3 cups oatmeal like McCann's
- 2 cups frozen mango, strawberries, raspberries or 1 fresh apple or pear
- 3/4 cup walnuts or slivered almonds
- 3/4 cup sunflower seeds or pumpkin seeds (unsalted)

Put the milk and water into a pot and bring to a boil over high heat. Add the cinnamon, ginger, honey, oats and frozen fruit to the boiling liquid. Stir, cover and reduce heat to medium low. Cook for 5 minutes, until liquid is absorbed, stirring occasionally to make sure nothing is burning on the bottom of the pot. Remove from heat and stir in walnuts and sunflower seeds. Serve immediately.

In this case, the walnuts and sunflower seeds provide both healthy fats and additional protein to make this breakfast last for several hours. The cinnamon and ginger serve to warm you up on cold days. Use whatever frozen fruit you or your family likes, but note that blueberries can change to color of the oatmeal to a weird blue.

There are Many Ways to Become a Client

prepare. I hope your larder isn't bare as we stay stuck in these unsettling economic times.

I've been reading two new good books you should check out. See and buy them by clicking [here](#) and going to the Resources page. Happy reading!

Quick Links

[Register Now](#) for upcoming workshops or web seminars

[Resources for Healthier Living](#)

- Want to jumpstart a weight loss program? Clear your body of toxins or fat? I now offer a variety cleansing programs using the #1 products on the market today. There's an 11 day program or a 30 day program (national average weight loss for the 11 day program is 7 lbs.). Click [here](#) to learn more about the programs and products.
- Individual coaching programs to help you meet weight loss or healthy living goals .
- Employer programs to reduce absenteeism, increase productivity, and teach employees about things like healthy eating on the go and stress reduction.
- Group cooking classes to learn how to put healthy meals on the table in fewer than 30 minutes - if you have a group of two to ten friends we can do a single or series of cooking lessons based on the skills of the group.
- Attend a workshop. We give them in person in Chicago or via the web. For a web seminar, all you need is a phone and a computer connected to the Internet. See below for more information about our next web seminars.
- Eating for Peak Performance - Programs for athletes of all ages from middle school to adulthood to learn to fuel your body correctly.
- Group coaching programs if an individual program is too much of an investment.

[Contact me](#) to learn more about any of these services.

Upcoming Events

Holiday Season Survival: Tips for Keeping off Extra Pounds

- The Food, The Drinks: How to Chose
- Strategies to Keep from Over-eating
- Minimizing holiday stress

Workshop details:

Tuesday, November 4th, 7:45 pm
Chiropractic for Life, 5138 N. Clark Street (1/2 block south of Foster)

Web seminar dates:

Wednesday, November 12, 7 pm central time
Thursday, November 13, 12 noon central time

Cost is \$25.00

Click [here](#) to reserve a spot!

Contact Info

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