

SENIOR NUTRITION NEWS

Eat Smart Idaho

April 2023

Start Your Day with Breakfast

Breakfast helps you to "break the fast". It energizes your body after going all night with no food. It will help you be more productive in the late morning and feel less tired throughout the day. It gives you more endurance and strength, muscle coordination, better concentration and memory, as well as better problem-solving ability.



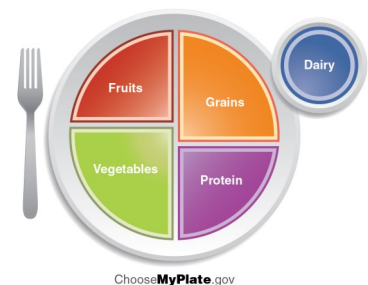
Parts of a Good Breakfast

Breakfast doesn't have to be your traditional breakfast foods. You can eat leftovers from a previous meal. A good breakfast can be hot or cold. What you choose for breakfast can affect your energy level for the morning. A breakfast containing a balance of carbohydrates, proteins, and fats can help your body feel satisfied for longer.

The components of a nutrient filled breakfast are:

- protein-rich foods (such as lean meats, eggs, low-fat milk, yogurt, cheese or peanut butter)
- a food containing complex carbohydrates (such as whole-grain cereal, bread, or muffins)
- a serving of a good source of vitamin C (such as an orange, grapefruit, or strawberries)
- Try to get at least 3 out of the 5 food groups from MyPlate for breakfast.

- Fruit Group
- Vegetable Group
- Grain Group
- Protein Group
- Dairy Group



No-Cook Breakfast Ideas

- Whole-grain cereal with low-fat milk topped with berries and banana slices.
- A fruit smoothie made with one cup of low-fat milk or half a cup of low-fat plain yogurt and a cup of fresh or frozen fruit.
- Half a cup of low-fat yogurt or cottage cheese topped with your favorite fruit and chopped walnuts or low-fat granola.
- Six whole-grain crackers topped with peanut butter or low-fat cheese.
- A fruit salad and a granola bar.
- Half a whole-wheat bagel with low-fat vanilla yogurt and strawberry slices.
- Two celery stalks with peanut butter and raisins or other dried fruit on top.
- Hummus on a whole-wheat pita and a piece of fruit.
- Half a cup of sugar-free vanilla pudding mixed with strawberries or cherries.
- An English muffin sandwich with mustard, lean ham, and a slice of low-fat cheese.



Sources: http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life_stages/hgic4106.html retrieved 03/27/23

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



Kali Gardiner, RD, LD, ESI Coordinator
E-mail: kalig@uidaho.edu
Phone: 208-292-2525

Shelly Johnson, MS, ESI Administrator
Email: sjohnson@uidaho.edu
Website: www.eatsmartidaho.org

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