



Healthy Hot Breakfast Month

February 2017

Hot breakfast suggestions:

When the temperatures are below freezing, it can be difficult to get out of a warm bed in the morning. Looking forward to a hot breakfast can make getting up a little easier and a bit warmer during the winter months. Breakfast is so important for improving alertness and concentration, revving up your metabolism and helping you make healthier food choices throughout the day. According to a study from the American Heart Association, breakfast eaters were 31% less likely to be overweight/obese and 39% less likely to have abdominal obesity (the most dangerous kind of obesity) compared with breakfast skippers. Skipping breakfast has also been linked to heart disease, hypertension, and higher rates of Type 2 Diabetes among other risks. Celebrate healthy hot breakfast month by enjoying a warm meal each morning in order to help keep your blood sugars stable, your cholesterol in check and your energy levels high. Here are a few easy breakfast options that are sure to *fuel your metabolic fire* each morning.

Make a 'breakfast' sandwich: Although eggs are a great source of protein, your breakfast sandwich does not have to include them. Sandwiches need 3 things: a vessel, a spread and the 'filling'. Try to use protein packed leftovers for your sandwich filling—eggs work perfectly, but chicken, turkey, or meatballs are all filled with energy boosting protein and are great sandwich options. Add in veggies like tomatoes and spinach to give your meal a pop of color and added nutrients! Instead of using your typical bread for your sandwich, add more texture by using 2 toasted whole grain waffles. And as for a spread, avocado can be a great alternative—You will get the creaminess of a mayo but with the benefits of many vitamins, minerals and antioxidants that mayo does not have.

Food of the month:

Steel cut oats

Steel cut oats are similar in nutrients to old fashioned/rolled oats, but are much more nutrient dense when compared with instant oatmeal. Steel cut oats look more like rice kernels than oatmeal and have more texture which is why they take about 15-30 minutes to cook depending on how chewy you prefer your cereal. These oats have a lower glycemic index than all other types of oats which means eating them will not spike your blood sugar as much. With 4g of fiber and 5g of protein per serving steel cut oats will keep you full until lunchtime! See reverse for a picture, serving suggestions and more nutrient details...





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Breakfast doesn't have to include 'breakfast foods' only: Imagine eating rice, fish and soup for breakfast? In Japan, this is breakfast almost every day! The time of day should not determine what you can and can not eat. We categorize foods based on what meal they fit into; omelets are a breakfast food, sandwiches are a lunch food, etc. Your challenge this month is to eat dinner for breakfast on one day. Try heating up last night's leftovers, or having a bowl of chili, or even making whole grain pasta and sauce to fuel up. Studies have shown that individuals who eat a larger percentage of their calories in the morning have higher metabolic rates, which means, more calories burned throughout the day. Go ahead—treat yourself to a large, hot breakfast!

Try cutting a baked omelet into equal squares: Planning is so important when it comes to meal planning—especially breakfast. Who wants to wake up 30 minutes earlier than needed just to plan out meals? Ding! Ding! Ding! ... Nobody does! Planning your meals ahead of time will set you up for a successful day of food choices. Try this [Sausage, Cheese and Veggie Egg Bake](#) from SkinnyTaste for a healthy protein filled breakfast. Cut the egg bake into 8 pieces and place each piece in a Tupperware. In the morning, warm it up in the microwave and enjoy!



**Utilize the food of the month:
Steel cut oats!**

Cook a batch of steel cut oats either on the stovetop or in the crockpot at the beginning of the week and store in your refrigerator for up to 5 to 7 days. When you wake up, put a serving of your refrigerated oats in the microwave to warm them up and top with berries, bananas, nuts, milk and/or cinnamon for an easy HOT breakfast in under 5 minutes!

Steel Cut Oats Nutrient Profile:

1/4 cup, dry
150 Calories
2.5g Fat
27g Carbs
4g Fiber
0mg sodium

Excellent Source of: Iron, B Vitamins, thiamine, Vitamin A, niacin, folate, riboflavin, calcium, magnesium

Try this [Perfect Steel Cut Oats](#) Recipe by Cookie and Kate

“Say good morning to your body:
Eat breakfast.”

March Sneak Peek:

National Nutrition Month
“Put your best fork forward!”

