

Healthy Me!



committed to improving the lives of area students

September is Better Breakfast Month

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We always hear that breakfast is the most important meal of the day. But why is it the most important meal? Breakfast restores sugar levels after your body has gone without anything to eat since the night before. This helps put you in a better mood and has been shown to increase concentration throughout the day. Studies have shown that children who eat breakfast before school tend to have higher attendance records, higher overall test scores and improved problem-solving skills. Eating breakfast can raise metabolism by as much as 10 percent, which can help with weight loss and maintaining a healthy weight.



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If you feel like there is never enough time for breakfast in the morning, try some of these time-saving techniques:

- Plan your meal the night before. Think about what you would like to eat and let your parents know.
- Set the table with the plates, utensils and cups you will need. That way everything will be ready to sit down and enjoy in the morning.
- Prep food in advance if possible. Some mixes, like for waffles or muffins, can be made beforehand. Prepping and adding fruit to yogurt the night before can provide a quick morning grab-and-go option.

Ideally, breakfast should include three things: a protein to help you stay focused and full until lunch time; a carbohydrate, which will give you energy; and a fruit or vegetable, which will provide essential vitamins and minerals for your diet. An added bonus to a well-balanced breakfast is getting all the right servings of food groups as the day progresses.

Breakfast does not have to be complex. Many foods are easy to prepare while still giving you the nutrition you need. Examples include:

- A bowl of whole grain cereal with low fat milk topped with fruit.
- Instant oatmeal with fresh fruit and nuts.

- Omelet with chopped vegetables and a piece of whole wheat toast.
- Whole grain bread topped with peanut butter and sliced strawberries or bananas.

You may also ask your parents to check out the breakfast menu at your school. Many schools now offer free breakfast. Just make sure you arrive early enough to have time to eat before classes start.

Want to get adventurous? The 40-Second Omelet is a favorite recipe from the American Egg Board. Over the years, hundreds of 4-H students have learned to make this simple, delicious and nutritious dish. While it does take longer than 40 seconds when you include preparation time, it is still a quick breakfast option older kids can prepare on their own.

40-Second Omelet

Ingredients:

- 2 eggs
- 2 Tablespoon water
- 1/8 teaspoon salt
- 1 Tablespoon margarine (or non-stick cooking spray)
- Omelet fillings to taste such as cheese, ham, peppers, tomatoes, mushrooms, etc.

Directions:

- Beat together eggs and water until blended.
- In a 10" omelet pan, heat margarine on medium/high heat until just hot enough to sizzle a drop of water.
- Pour in egg mixture; it should set immediately at edges.
- With an inverted pancake turner, carefully push cooked edges toward the center to allow uncooked portions to reach the hot surface.
- Tilt and move pan as necessary.
- When the top is thickened and no visible liquid remains, fill if desired.
- With the pancake turner, fold the omelet in half and slide onto a plate.
- Makes 1-2 servings. Enjoy!

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