Healthy Breakfast Helps and Hacks During Quarantine and Beyond
Goals

• Take a new look at breakfast from a health and taste standpoint

• Show how your breakfast can work for you

• Equip you with some mouth-watering and easy new ideas for breakfast

• Entice you to try a few!

• Voila! Add to your breakfast repertoire—now and later!
Why Breakfast?

• Encourages healthy eating
• Balances blood sugar levels
• Kickstarts metabolism
• Boosts energy and alertness
• May promote heart health
• Weight control? Maybe....
A healthy breakfast....

- 20-25 grams protein
- 5 or more grams fiber
- At least 1 fruit or vegetable
- Variety
- Doesn’t have to be conventional in timing or components
Research on Breakfast

18 years of data on 6550 people over age 40 with no heart disease

Those who didn’t eat breakfast were 87% more likely to develop cardiovascular problems

Association was independent of demographic, socioeconomic, dietary and lifestyle factors and BMI.

First prospective study to look at breakfast consumption and cardiovascular mortality

But.....
Old Thinking

- Breakfast is the most important meal of the day.
- Anything goes!

New Thinking

- WHAT you eat for breakfast matters.
- High refined sugar, low protein may be problematic
- Higher protein, lower refined sugar may help with satiety, glucose control and appetite regulation
Do **YOU** eat breakfast?

Let’s find out!
Do you eat breakfast?

- 12% NEVER
- 35% RARELY
- 25% MOST OF THE TIME
- 28% DAILY

UPMC.com/HealthBeat
Not a breakfast eater?

- Consider a high protein mid morning snack for an energy and mental boost

- Try these recipes.....they can work for lunch or snacks as well!

- Are you an intermittent faster? Consider enjoying these breakfast ideas at 11 AM or noon
Steps to a healthy breakfast

**Protein:** Eggs, nuts, nut butters, cheese, lean meat, yogurt, milk

**Fruit/Vegetable:** Fresh, frozen, canned

**Whole Grain:** oats, whole wheat, barley, corn
Brown rice, quinoa

**Watching carbs?** Aim for protein first, then look at options for healthy carbs
Mix black beans and chili powder or flakes and cook until warmed through. Spray skillet with cooking spray and add eggs and peppers, scrambling until cooked through, about 3 minutes. Spread each tortilla with 1 tbsp sour cream or yogurt, salsa, then layer with ¼ of the black bean mixture, ¼ of the scrambled eggs, some diced tomato and ¼ of the avocado. Roll up burrito style and serve.

**Ingredients**

- 1 red pepper, seeded and diced
- 1 cup drained, rinsed black beans
- 1/4 tsp chili flakes or chili powder
- 4 eggs and 4 egg whites
- ½ cup shredded low fat cheddar cheese
- Nonstick cooking spray
- 4, 10- inch whole wheat tortillas
- 1/4 cup low fat plain yogurt or fat free sour cream
- 1/4 cup salsa
- 1 large tomato, seeded and diced
- 1 small avocado, cubed
- Nonstick spray
- Optional: hot sauce

**Preparation**

Mix black beans and chili powder or flakes and cook until warmed through.

Spray skillet with cooking spray and add eggs and peppers, scrambling until cooked through, about 3 minutes. Spread each tortilla with 1 tbsp sour cream or yogurt, salsa, then layer with ¼ of the black bean mixture, ¼ of the scrambled eggs, some diced tomato and ¼ of the avocado. Roll up burrito style and serve.

**Nutrition Information:** 256 calories, 10.4 grams fat, 462 mg sodium, 16.5 grams protein, 3 grams dietary fiber
5 Minute Spinach and Cheddar Microwave Quiche in a Mug


**Ingredients**

- ½ cup packed fresh spinach (or frozen, thawed)
- 1 egg
- 1/3 cup low fat milk
- ¼ cup shredded cheddar cheese
- Salt and pepper to taste

**Preparation**

If using fresh spinach, place in mug with 2 tablespoons of water. Cover with a paper towel and microwave on high for 1 minute. Remove from microwave and drain thoroughly.

If using frozen spinach, thaw completely and drain prior to adding to mug.

Crack an egg into mug with spinach. Add milk and cheese and mix until combined.

Microwave for 2-2.5 minutes until egg mixture has solidified.

Nutrition Information: 177 calories, 11.4 grams fat, 3.2 grams carbohydrate, 15.3 grams protein

Serve with fresh fruit
Healthy Egg Muffin Cups

Preparation

Preheat oven to 350 degrees. Spray nonstick muffin pan with nonstick cooking spray. Set aside.

Whisk eggs in bowl with salt and pepper. Place 2-3 items from optional add ins list to each muffin cup if desired.

Pour egg mixture on top, filling tin to ¾ full.

Bake for 20 minutes or until toothpick cups out clean.

Keeps refrigerated in airtight container for up to 6 days.

Ingredients

6 eggs
Salt and pepper (to taste)

Optional add ins
chopped spinach
chopped kale
chopped bell pepper
shredded low fat cheese

Enjoy 2 muffin cups and a cup of fresh fruit for a healthy, satisfying breakfast

Nutrition Information per muffin cup: 76 calories; 6.7 grams protein; 5.4 grams fat; .5 grams carbohydrate
Savory Oatmeal...Easy as 1-2-3!


Ingredients

¾ cup rolled oats
1 tomato, chopped or ½ cup canned tomatoes
½ small onion, chopped
2 tbsp pesto
1 teaspoon olive oil
2 eggs, scrambled or fried
Nonstick cooking spray
1 tsp minced garlic

Makes 2 servings

1. Boil 2 cups water. Add oats. When oats are just about finished, add in pesto and set aside.

2. Heat olive oil; add onions and garlic, sauté until soft. Add tomatoes and allow to simmer on low heat for 10 minutes or until tomatoes are soft.

3. Scramble or fry egg using nonstick spray. Spoon out oat mixture in bowl. Top each bowl with egg.

Nutritional Information: 307 calories; 12 grams protein; 28 grams carbohydrate; 16.6 grams fat; 4.6 grams fiber
Preheat oven to 350 degrees.
Generously spray a muffin tin with nonstick spray. If using muffin liners, spray them first with nonstick spray.
Whisk all ingredients together except for the apples and nuts (if used). Fold in apples and nuts. Spoon batter into muffin cups. Fill all the way to the top.
Bake for 25-30 minutes or until edges are lightly browned and top appears set.

Ingredients
- 1 ½ cups low fat milk or non dairy milk alternative
- 2 large eggs
- ½ cup pure maple syrup
- ½ cup unsweetened applesauce
- 3 cups old fashioned whole oats
- 1 tsp baking powder
- 1 ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ½ tsp vanilla extract
- ¼ teaspoon salt
- 1 heaping cup chopped apple
- Optional: ½ cup chopped walnuts or pecans

Preparation
Preheat oven to 350 degrees. Generously spray a muffin tin with nonstick spray. If using muffin liners, spray them first with nonstick spray.
Whisk all ingredients together except for the apples and nuts (if used). Fold in apples and nuts. Spoon batter into muffin cups. Fill all the way to the top.
Bake for 25-30 minutes or until edges are lightly browned and top appears set.

Tip: Best made with whole old fashioned oats.
Chocolate Peanut Butter Energy Balls

https://www.twopeasandtheirpod.com/chocolate-peanut-butter-energy-balls/

Ingredients
- 1 cup old-fashioned rolled oats
- 3 tbsp unsweetened cocoa powder
- 2 tablespoons ground flaxseed
- 1 tablespoon chia seeds
- 1/8 tsp salt
- 1/2 cup creamy peanut butter
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- 2 tablespoons mini chocolate chips

Preparation
Combine oats, cocoa powder, flaxseed, chia seeds, salt, peanut butter, honey and vanilla.
Mix until well combined.
Stir in chocolate chips.
Roll mixture into small balls, about 1-2 tablespoons per ball.
Place in airtight container or freeze for later use.

Tip: Place in freezer back and freeze for up to 2 months.

Calories 136  Fat: 7 grams; Protein: 4 grams; Fiber: 2 grams; carbohydrate: 15 grams
Two-Ingredient Pancakes …gluten free and dairy free


5-10 minutes/2 servings

Ingredients

- 1 ripe banana
- 2 large eggs, lightly beaten
- Butter, oil or nonstick spray

Optional add-ins:
- 1/8 tsp baking powder (fluffier pancakes)
- 1/4 tsp vanilla
- 1 tsp unsweetened cocoa powder
- 1 tbsp vanilla protein powder
- 1/4 tsp cinnamon

Optional toppings
- Almond or walnut pieces
- Fresh fruit (berries, apples, raspberries)
- Oats

Mash banana with fork until pudding-like and no lumps. Stir in eggs and add flavorings if desired.

Drop 2 tablespoons batter onto hot griddle. Leave an inch or two between pancakes.

Cook for 1 minute until golden brown on edges. Center will still be loose, like jello. Sprinkle toppings. Flip pancakes with thin spatula. Cook for another minute or so. Serve warm.

172 calories, 9.5 grams fat; 7 grams protein; 15.9 grams carbohydrate; 2 grams fiber
Breads and Spreads

Lower Carb Breads
- Schmidt’s 647 Bread: 6 grams
- Flat out
- 7 Nut & Seed Bread: 6 grams
- Joseph’s Flax, Oat Bran and Whole Wheat Pita: 6 grams
- Ezekiel 4:9 Bread: 12 grams carbs
- Many others!

Spreads
- Peanut, almond, cashew butter
- Low Fat Cottage cheese (add cinnamon!)
- Part Skim Ricotta cheese
- Whipped cream cheese
- Hummus
Make a month’s worth of smoothies in 1 hour

https://helloglow.co/frozen-green-smoothie/
Successful Smoothie Tips

• Buy in bulk if you can. Frozen fruit works well!
• Produce Junction or Costco
• Use quart size freezer bags
• Label and date bags
• Put “greens” in first
• 2 cups greens to 2-2.5 cups frozen/fresh fruit
• Squeeze out air to avoid frost
• Flatten bags for easy stacking
• Post-quarantine: Portable blenders for office
Winning Smoothie Combos

1. Banana Blueberry: 1 large banana, 2 cups blueberries, 2 cups spinach

2. Pineapple Blueberry: ½ banana, 1 ½ cups pineapple, ½-3/4 cup blueberries, 2 cups spinach

3. Kiwi watermelon: 1 sliced kiwi, cup diced watermelon, 1 cup grapes, 2 cups spinach

4. Melon Berry: 1 cup melon, 1 ½ cups mixed berries, 2 cups spinach

What’s the missing ingredient in these smoothies?
Need a short cut now and then?

Start with.....

Bob’s Red Mill Muesli Cups
Ore-Ida Just Crack an Egg
Good Culture Cottage Cheese and Fruit Cups
Kodiak Cakes Flapjack/muffin Cups
Quaker High Protein Oatmeal Cups

Top with.....

Banana slices
Almond slivers
Greek yogurt
Chia seeds
Fresh berries and cinnamon
Pumpkin seeds
Protein Bars for Breakfast?

Look for:
- 10-20 grams protein
- 150-250 calories
- >3 grams fiber
- <2 grams saturated fat

Abdominal discomfort?
Look out for:
- Inulin
- Chicory Root
Other Breakfast Ideas

https://www.skinnytaste.com/?s=breakfast

https://greatist.com/health/healthy-fast-breakfast-recipes

https://www.goodhousekeeping.com/food-recipes/easy/g871/quick-breakfasts/

https://www.bowlofdelicious.com/category/breakfast/
Thank you!

Questions?