

# Healthy Breakfast Helps and Hacks During Quarantine and Beyond



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# 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.....**

Shuang Rong, Linda G. Snetselaar, Guifeng Xu, Yangbo Sun, Buyun Liu, Robert B. Wallace, Wei Bao, Association of Skipping Breakfast With Cardiovascular and All-Cause Mortality, Journal of the American College of Cardiology, Volume 73, Issue 16., 2019

## Does Skipping Breakfast Lead to Weight Loss or Weight Gain?

Rita Rubin, MA

**B**ack in 1917, the same year that she cofounded the American Dietetic Association (now the Academy of Nutrition and Dietetics), Lenna Frances Cooper authored an article in *Good Health* magazine that noted "in many ways the breakfast is the most important meal of the day, because it is the meal that gets the day started." *Good Health* was published by the Battle Creek Sanitarium, a Michigan health resort run by Cooper's mentor, John Harvey Kellogg, MD, the coinventor of corn flakes (his brother started the cereal business that would become the Kellogg Company).

More than a century after Cooper's article appeared, scientists are debating whether breakfast is important at all, let alone the most important meal, at least as far as weight management is concerned.

Although research into the health benefits of intermittent fasting suggests breakfast is the one meal that shouldn't be skipped, a recently published systematic review and meta-analysis of randomized clinical trials looking at breakfast's effect on weight and energy intake concluded that



epidemiologist at King's College London and self-described breakfast eater, wrote in an

### What's on the Menu?

A recently published study in *JAMA Pediatrics*

- **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



# 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



# Best Breakfast Burrito

<https://www.foodnetwork.com/recipes/ellie-krieger/breakfast-burrito-recipe-1953146>

38 minutes/4 servings



## 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  
1/2 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 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado. Roll up burrito style and serve.

*To save on carbohydrates and calories, use Flat Out or similar low carb wraps*

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

<https://www.bowlsofdelicious.com/5-minute-spinach-and-cheddar-microwave-quiche-in-a-mug/>

5 minutes/1 serving



## 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.

*Serve with fresh fruit*

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

# Healthy Egg Muffin Cups

<https://www.ymcade.org/wp-content/uploads/2018/01/Jan-Recipes-Meal-Prep-101-1.2-Egg-Cups-1.pdf>

20-30 minutes/6 muffin cups



## 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*

## 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  $\frac{3}{4}$  full.

Bake for 20 minutes or until toothpick cups out clean.

Keeps refrigerated in airtight container for up to 6 days.

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!

<https://www.bostonmagazine.com/health/2015/10/23/savory-oatmeal-recipe/>



*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.

## 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

Nutritional Information: 307 calories;  
12 grams protein; 28 grams  
carbohydrate; 16.6 grams fat; 4.6  
grams fiber

# Baked Apple Cinnamon Oatmeal Cups

<https://sallysbakingaddiction.com/apple-cinnamon-baked-oatmeal-cups/>

5 minutes/12 muffins



## 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.

May be frozen for later use or served  
warm.

**Tip: Best made with  
whole old fashioned  
oats.**

Calories 138; total fat: 3 grams; saturated fat 1.6 grams; carbohydrate: 26  
grams; protein: 4 grams; Dietary fiber: 4 grams

# Chocolate Peanut Butter Energy Balls

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

10 minutes/12 energy bites



## 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, flax seed, 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.

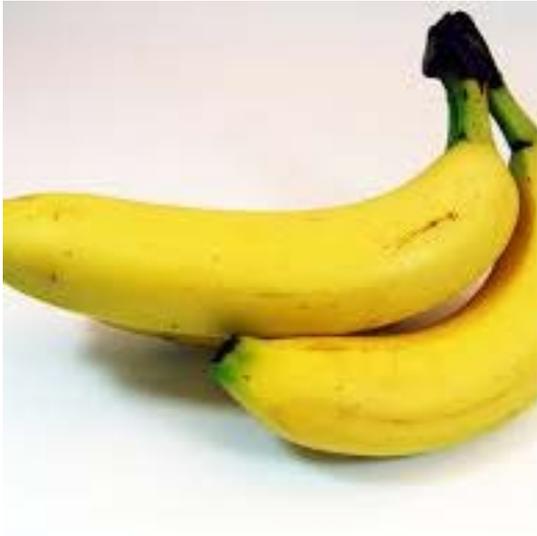
**Tip: Place in freezer back and freeze for up to 2 months**

Calories 136 Fat: 7 grams; Protein: 4 grams; Fiber: 2 grams; carbohydrate: 15 grams

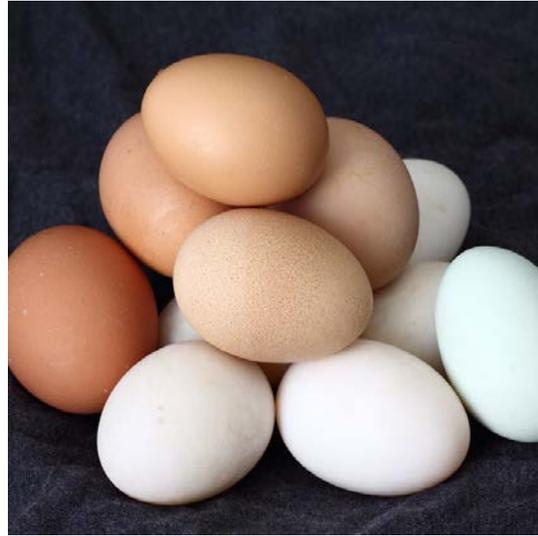
# Two-Ingredient Pancakes ....gluten free and dairy free

<https://www.thekitchn.com/how-to-make-2-ingredient-banana-pancakes-cooking-lessons-from-the-kitchn-218658>

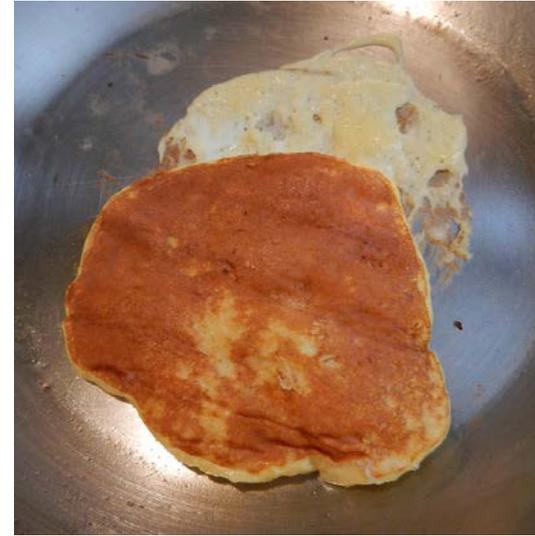
5-10 minutes/2 servings



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



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



**3** 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.

## 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

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:  $\frac{1}{2}$  banana, 1  $\frac{1}{2}$  cups pineapple,  $\frac{1}{2}$ - $\frac{3}{4}$  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  $\frac{1}{2}$  cups mixed berries, 2 cups spinach

What's the missing ingredient in these smoothies?

# Need a short cut now and then?

Start with.....

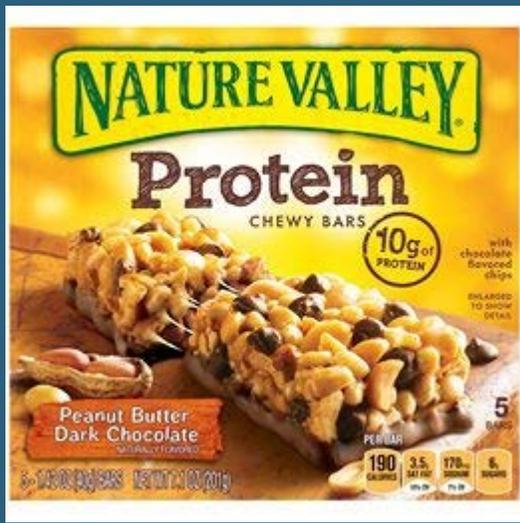
- Bob's Red Mill Muesli Cups
- Ore-Ida Just Crack an Egg
- Good Culture Cottage Cheese and Fruit Cups
- Kodiak Cakes Flapjack/muffin Cups
- Quaker High Protein Oatmeal Cups

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?

