

HealthPoint

TRENDS IN HEALTH & WELLNESS



JULY 2011



Eat Breakfast

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If you're anything like my husband, up and out the door before 7:00 a.m., sitting down for breakfast is not usually on the agenda. Yet, we know that a healthy breakfast can provide the necessary energy to make it through the day without having to snack on unhealthy choices mid-morning such as high-fat donuts or Danishes. As a result, breakfast turns out to be good for weight control and heart health. Here's the bonus: research shows that breakfast eaters often have overall healthier eating habits.

For early morning risers and the rest of us too, here are some breakfast ideas that will whet your appetite:

Healthy breakfast basics The best way to kick off the morning is with protein and fibre. Protein helps maintain muscle mass, control weight gain and curb hunger later in the day. Fibre keeps you feeling full for longer. A diet rich in fibre has also been shown to help lower bad (HDL) cholesterol levels. Good protein sources include eggs, milk, beans, meat and fish. Fibre can be found in whole grains, vegetables and fruits.

New breakfast ideas Tired of the same-old cereal and toast? Break out of your breakfast rut by trying our new mini breakfast burritos (see below).

Breakfasts on the go Feel like you don't have time? Prepare as much of your breakfast as you can the night before. That way it's ready for you to grab on your way out the door. Try making a delicious, filling breakfast shake, which you can store in a travel thermos in the fridge.

Tips for breakfast skippers If you're not a breakfast eater, start with simple foods in small portion sizes. Or split your breakfast up into two smaller meals. For example, have a hard-boiled egg, a small cube of low-fat cheese or apple slices to get you out the door. Then, pack a larger, mid-morning breakfast such as yogurt with granola and fresh berries, or half of a whole-grain bagel with some peanut butter and low-sugar jam for when you feel hungry later in the morning. It's so easy to make, and you can even bring the ingredients to work in a container and make it at the office.

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Mini Breakfast Burritos

Serves 3 | Prep Time: 10mins | Cook Time: 2mins | Total Time: 12mins

With a few quick chops and stirs, this hearty breakfast is great for a small family on the run. Stir together the night before and refrigerate the mixture, so all you have to do is pop it in the microwave in the morning and fill your tortillas!

Ingredients

250 ml cooked canned Navy Beans, drained and rinsed
1 egg
30 ml diced Tomato or Salsa
½ small Red or Green Bell Pepper, diced
2 Green Onions, thinly sliced
15 ml fresh Coriander, chopped (optional)
Hot pepper sauce, a dash
3 small, whole-grain Tortillas (about 18cm/7inch)



Directions

1. In shallow bowl, using a potato masher, mash beans until fairly smooth.
2. Stir in egg and salsa (or diced tomato) until combined.
3. Microwave on High for 1 minute.
4. Stir in bell pepper, green onions, coriander and hot pepper sauce.
5. Microwave on High for about 1 minute or until hot.
6. Stir to combine and divide in centre of each tortilla and roll up to enjoy.

Nutritional Info Per Serving (1 mini burrito) 209 calories; 10g protein; 4g total fat; 1g saturated fat; 6g fibre; 444mg sodium

Recipe developed by Emily Richards, PH Ec.

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