

# SENIOR NUTRITION NEWS

*Eat Smart Idaho*

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## The Benefits of Breakfast

The best breakfast is the one you will eat. Breakfast doesn't have to be traditional breakfast foods, but something that will get good nutrition into your stomach.

Breakfast provides very important nutrients. If you don't eat in the morning, it is usually difficult to catch up on those missed nutrients throughout the rest of your day.



### **Breakfast:**

- Provides important nutrients
- Prevents hunger, and overeating later on in the day.
- Gives your body some much needed energy after a six-plus hour fast while sleeping.

**Use a checklist to plan and put together healthy breakfasts. Breakfast should include:**

- ✓ **3 to 4 different food groups**
- ✓ **A protein-rich food** (ie. eggs, cheese, peanut butter, yogurt, fat-free milk, cottage cheese, beans, lean sliced deli meats, etc.). It helps you feel fuller longer.
- ✓ **A whole-grain.** Hot or cold whole-grain cereals with at least 3 grams of fiber per serving, whole-wheat crackers, whole-grain frozen waffles, a whole-wheat tortilla or whole grain bread all work. (Check the nutrition label to make sure that whole grain or whole wheat is the first ingredient listed and that there are at least 3 grams of fiber per serving).
- ✓ **Low-fat dairy foods, fruits and/or vegetables** round out the options.



## Blueberry Pancakes

1 cup whole wheat flour  
1 teaspoon baking powder  
1 egg  
1 cup fresh blueberries

1 tablespoon sugar  
1/4 teaspoon baking soda  
1 cup nonfat milk



1. Mix flour, sugar, baking powder, and baking soda together with a fork in a medium bowl.
2. Beat egg and milk together in a small bowl.
3. Add the wet ingredients to the dry ingredients. Stir until just combined.
4. Gently fold in blueberries.
5. Heat a skillet over medium low heat. Spray with nonstick cooking spray.
6. Pour pancake batter into the skillet using a 1/4 cup measuring cup. Cook until the pancakes have bubbles on the top and the edges are slightly dry, about 4 minutes. Flip pancakes and cook for about 3 minutes more.

### Tips:

- Use frozen blueberries when fresh ones are out of season. Thaw the frozen blueberries and drain off the juice. Stir in 2 teaspoons of whole wheat flour.
- Top pancakes with warm fruit instead of pancake syrup.

Sources: [www.eatright.org](http://www.eatright.org); <https://spendsmart.extension.iastate.edu/recipe/blueberry-pancakes/> retrieved 8/31/18

### For information about FREE Eat Smart Idaho Classes, contact the Nutrition Advisor In Your County:

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