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NUTRITION SEGMENT OCTOBER 8, 2007: *Beat the Breakfast Blahs through MUFFINS!*

Breakfast does remain the most important meal of the day. It is best to consume breakfast within 90 minutes of waking. Breakfast helps rev your system, brings fresh glucose to the brain, provides a significant proportion of the day's total nutrients and an opportunity to eat fortified foods and decreases the likelihood of cravings later on during the day.

The National Weight Loss Registry, which is a database of people who have lost at least 30 pounds and have kept it off for a year, all have at least one thing in common – they eat breakfast.

Side Effects of Skipping breakfast

- Many children who skip breakfast are significantly heavier than those who eat breakfast.
- Skipping breakfast can diminish mental performance. Eating breakfast help improve learning because it brings fresh fuel from food to the brain.
- Children who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day and in the long term.
- People who eat breakfast have more nutritious diets than people who skip breakfast, and have better eating habits as they are less likely to be hungry for snacks during the day.

Breakfast Barriers

- Not enough time
- Too tired to bother
- Want to spend the extra time dozing in bed
- No readily available breakfast foods in the house
- Not hungry that early in the morning

Bright Idea for Breakfast; Breakfast Bundles:

One way to get around the barriers is to become a breakfast baker. An easy, portable nutritious breakfast is homemade muffins. Muffins are quick breads which mean they use baking soda or powder to rise. The basic formula for muffins is flour, sugar, baking powder, salt, egg, small amount of oil or butter and milk. When the fat, sugar and egg ratio are higher, the muffin becomes a cake.

Many muffins sold these days are really cupcakes. These muffin “posers” are calorie catastrophes ranging from 440 -690 calories per muffin. Cupcakes are usually light in weight, sweet, have icing and used as a dessert. Muffins should be dense, contain fruit, nuts or bran and used as a breakfast food.

Make a Muffin, not a Cupcake

1) Flaxseed and Oat Bran Carrot Apple Muffins

1½ c flour

¼ c oat bran

¾ c ground flaxseed

1 cup brown sugar

2 t baking soda

1 t baking powder

½ t salt

2 t cinnamon

1½ c carrots, shredded

2 apples, shredded

½ c raisins

¾ c skim milk

½ c egg substitute or 4 egg whites

1 t vanilla

Preheat oven to 350. Spray muffin tins with cooking spray. Mix dry ingredients in large bowl. Add carrots, apples and raisins. In another bowl, mix the last three ingredients and add to previous ingredients. Stir until everything is moistened. Fill muffin tins ¾ full and bake for 17-20 minutes. *Nutrition information for recipe to serve 12: per muffin: 200 calories, 6 g protein, 3 g fat, 38 g carbohydrates, 4 g fiber.*

Powerhouse Blueberry Banana Muffins

1 cup all-purpose flour

½ cup whole-wheat flour

½ cup honey-crunch wheat germ

½ cup packed brown sugar

1 Tablespoon baking powder

½ teaspoon salt

1 teaspoon cinnamon

½ teaspoon nutmeg

1 medium banana

½ cup fresh orange juice

¼ unsweetened applesauce

1 egg

1 Tablespoon canola oil

1 cup blueberries

Preheat oven to 400. In a large bowl, combine flours, wheat germ, brown sugar, baking powder, salt, cinnamon and nutmeg. In another bowl, add mashed banana, orange juice, applesauce, egg and oil and whisk until blended. Add the wet mixture to the dry and stir just until blended. Mixture will be thick and sticky. Then add blueberries and slowly fold the batter over until slightly mixed and add to muffin tins. To get a sweeter muffin, sprinkle brown sugar and oats on top of the muffin before baking. Bake at 400 for 15 minutes or until done in center. Serves 12.

*Nutrition Information: 127 calories, 3 grams protein, 26 grams carbohydrates, 2 grams fiber.
Recipe adapted from The New American Heart Association Cookbook. 25th Anniversary
Edition. Times Books, Random House Inc. 1998.*

For more questions, contact Stacy Beeson @ 381-2403 or beesons@slrmc.org.