

# The Case for Breakfast

By: Kristin Brookshire



How many times a week do you skip breakfast? According to the NPD Group, 12% of Americans regularly skip the first meal of the day. Or maybe you don't necessarily skip so much as you skimp. You have probably heard your mom tell you that breakfast is the most important meal of the day. And you know what? She was right! But that's not the whole story.

**Skimping on the quality of your breakfast can be just as detrimental to your health as skipping altogether.**

After we have been asleep for 7+ hours our body is starving! It needs a high quality energy boost to keep you going strong for the rest of the day. The damage of a low quality or non-existent breakfast on your body is HUGE. What do I mean by "low quality?" A meal void of nutrition - covered in sugar and dripping with fat. Unfortunately these foods have become the breakfast norm: most kid- friendly cereals, doughnuts, bacon, sausage, breakfast bars, breakfast tacos, buttery white flour biscuits...the list keeps going.

- **Decreases your risk for heart disease.** So how can eating a quality breakfast help you? Well for starters, a healthy breakfast can decrease your risk for heart disease. A study published by the Archives of Internal Medicine wanted to know if a higher consumption of breakfast cereals could reduce the risk of heart failure. Over a period of 19 years the researchers found that the participants who ate more breakfast cereal were less likely to contract heart disease. But just eating cereal wasn't enough; it was the *type* of cereal that made the difference. The association between reduced heart failure risk and increased cereal consumption was limited to the intake of *whole-grain* products, not refined cereals [Archives of Internal Medicine: Oct 22, 2007].
- **Decreases how many total calories you eat in a day.** A breakfast that is fiber rich will decrease your overall calorie intake. Researchers in England studied the effects of snacking habits and food intake by comparing different breakfasts with identical calorie loads. The first breakfast was high fat and low fiber and the second breakfast was high fiber and low fat. What they found was the group who ate the low fiber breakfast snacked 75% more during the day and ate more overall than the high fiber breakfast group. The high fiber group averaged 987 calories less per day when compared to the low fiber group [Int J Food Sci Nutr 1999;50:13-28, Health Briefs 2003;2:40-41]. That is a HUGE difference!
- **Reduces stress.** Eating a quality breakfast every morning can also reduce stress. When people eat a healthy breakfast, there are significant reductions in the stress hormone cortisol. This goes both ways, when breakfast is skipped then cortisol levels actually increase [Nutr Neurosci Apr;5(2):141-4], increasing stress on the body. Keeping your stress levels in check is important since stress hormones can contribute to weight gain, high blood sugar levels, and increased snacking [Health Briefs 2003;2:40-41].

So if you aren't eating a quality breakfast that is rich in whole grains and fiber then you are missing out. Start today by including some of Marisa's Breakfast Eats into your morning routine.

For more information, recipes, tips, and healthy eating tips, visit [www.BodyInteriors.com](http://www.BodyInteriors.com)



# Marisa's Breakfast Eats

By: Marisa Wandeler

Yes, I do practice what I preach attempting to get as much fiber as possible in my day with a foundation at breakfast. Here is my breakfast rotation of foods. I always start the day with a full glass of water and my 3 blends of Juice Plus+ just before I eat my breakfast. Keep in mind that these breakfast ideas are balanced options for muscle maintenance/building and for effective fat loss and lean mass maintenance. Men will need a little more and "stuck" (people who don't exercise) may need a little less. You'll notice that I NEVER eat a granola bar, breakfast bar, or any packaged bar – it's a F.A.T. habit\*. Breakfast is the most important meal of my day, and I take 5 minutes to make sure that I'm eating lean food, not creating a fat habit. I also do not eat flavored yogurt or dairy products for their high fat and sugar content. I also choose to minimize/eliminate all dairy from my diet for preventative health. If you choose dairy products, make sure they are unsweetened, organic, hormone-free, low or non fat options.

Goals of my breakfasts are to try to get at least 12-14 grams of fiber, at least 1 serving of fruit and balance both with moderate vegetable or grain protein sources. I do not drink coffee. It's a personal choice, but I advise de-caf versions, black, if you must with non-fat creamers or soy/rice milks and natural sweeteners, not artificial ones. Most importantly, drink water BEFORE coffee AND remember you've still got to drink the second glass of water. Coffee should be a condiment, not a component or the foundation of your breakfast routine. It's another F.A.T. habit.

## Staples in my pantry for breakfast:

- Hogdson Mill's Oat Bran Hot Cereal or other brand
- Central Market Toasted O's
- Juice Plus+ Vanilla and Chocolate Complete Powder
- Agave Nectar
- Frozen / Fresh Organic Wild Blueberries, Strawberries, and any other frozen or fresh fruit
- Raw Natural Almonds and Walnuts
- 100% Whole Wheat Bread or other 100% Whole Grain Bread for Toast, I like sprouted ones, spelt, various grains (Remember to make sure it does not contain any High Fructose Corn Syrup)
- Any vegan Buttery Spread made with Expeller Pressed Oils
- Rice Dream Enriched Original Rice Milk
- Soy milk

**Wake-Up:** One full glass of room temperature pure water

## Breakfasts Options w/ a second full glass of water and 3 blends of Juice Plus+:

### 1. Sweet Hot Bran Cereal w/ Berries

1/3 cup Oat Bran Hot Cereal

3/4 cup water

Raw Agave Nectar to Taste – I use about 1 tbsp.

3/4 cup chopped fresh strawberries or any berry you like

Mix oat bran and water, and cook according to package heating instructions with the exception of the oats to water ratio (use my ratio). Once cooked, add 1 tsp agave nectar and all the berries stir tasting and adding a touch more nectar until you get your desired sweetness.

### 2. Any of the Marisa's Smoothies w/ JP+ (see smoothie handout) & 2 pieces whole grain toast w/tiny bit of buttery spread

### 3. Quick Creamsicle Drink, Fresh Fruit and Toast

3/4 cup light vanilla soymilk + 3/4 cup fresh squeezed orange juice mixed together

Some whole raw natural almonds or whole raw natural walnuts(I eat 6-7 of them.)

1 cup of cut fresh fruit

2 pieces of whole grain toast

### 4. High Fiber Cereal and Rice/Soy Milk w/ Fresh Fruits

1 cup cereal and rice milk added to taste, 1 cup fruit,

Cereal's I eat: CM Toasted O's , Nature's Path Red Berries Flakes, Nature's Path Granola Cereal or Pumpkin Flax Cereal



### 5. Blueberry Waffles, Soy Milk and Fresh Fruit

My kids love to prepare Belgian waffles. I've found several excellent whole grain waffle mixes. My kids like CherryBrook Kitchen's Whole Grain Pancake & Waffle Mix because it's dairy and egg free but still tastes great. We add berries and other fun stuff to the batter before putting in waffle iron. I eat them with 1 cup soymilk and lots of fresh fruit. Oh, and I don't use syrup and, on rare occasion, just a touch of buttery spread. I eat them with the fruit in each bite instead, saves me the sugar and fat calorie hit.

### 6. Make-Ahead Bran Muffins, Soy Milk and Fresh Fruit

The absolute easiest way to get a high fiber breakfast on the run! Make a double batch of muffins and freeze them.

3 cups of Oat Bran	2 eggs or 4 egg whites
½ cup brown sugar, packed	1 cup applesauce, chilled
1 ½ cups whole wheat pastry flour (or brown rice flour works too, I vary it)	3 Tbsp. vegetable oil
1 ½ tsp baking powder	1 ripe and mushy banana
1 ½ tsp baking soda	Optional add ins: dried cherries or other fruit
½ tsp. sea salt	chopped walnuts

Preheat oven to 400 F. Line 12 muffin cups with foil or silicone liners. Do not use paper liners, the muffins will stick to them horribly. Blend together dry ingredients making sure to spoon flour into measuring cup to aerate it. In a separate bowl, mix eggs, chilled applesauce, ripe banana and vegetable oil until blended and frothy. Combine dry and wet ingredients plus add-ins. Stir cautiously, just enough to wet and combine all ingredients. Do not overmix or muffins will be spongy or tough. Spoon batter into muffin cups. Let stand 10 minutes. Bake 15 minutes or until golden brown.

Weekend Days (I eat these rarely! One of them once a week max sometimes every other week, mostly due to time and convenience)

### 7. Marisa's Migas

1 whole, plus 3 whites organic veggie fed large eggs	1 oz shredded Cabot 50% lowfat cheese
4 tbs your favorite salsa	Fresh ground salt and pepper to taste
7 crushed Baked Tostitos scoop chips	

Separate eggs and combine with whole egg, whisk thoroughly until little bubbles froth. Place eggs in COLD pan, place pan on high heat, sprinkle all other ingredients. When curds start to form, remove from heat and lightly turn and stir until cooked and fluffy. Place on plate, balance meal and eat with slice of whole grain toast and 1 cup of fresh fruit. This makes a very generous portion for little calories. You'll require little protein for rest of day, good day for meatless lunch or dinner.

Makes 1 serving, 261 Calories, 10g Fat, 4.5 Sat. Fat, 17 Carbs, 28 Protein

### 8. Spicy Spinach Scramble or Crustless Quiche

1 whole, plus 3 whites organic veggie fed large eggs  
2 cups loose leaf chopped or ripped organic spinach (quiche does better with frozen chopped spinach)  
¼ cup chopped onion  
¼ - ½ cup fresh chopped tomatoes  
1 oz shredded Cabot 50% lowfat cheese  
Optional add in: 1 strip Nitrate & Nitrate Free, Organic, Uncured Turkey Bacon  
Fresh ground salt and pepper to taste

Separate eggs and combine with whole egg, whisk thoroughly until little bubbles froth. (If adding turkey bacon, chop and cook bacon first, then set aside) Place eggs in COLD pan, place pan on high heat, sprinkle all other ingredients. When curds start to form, remove from heat and lightly turn and stir until cooked and fluffy. Place on plate, balance meal and eat with slice of whole grain toast and 1 cup of fresh fruit. This makes a very generous portion for little calories. You'll require little protein for rest of day, good day for meatless lunch or dinner.

For Quiche: For a large dish, double or triple the recipe. Combine all ingredients plus add 1/2 – 3/4 cup original rice milk (depends on amount of quick you make, use only as much as needed to keep mixture in liquid form), except the tomatoes, and combine thoroughly. Mixture should be a thick liquid batterlike consistency. Use a non-stick baking dish or lightly rub a baking dish with very little amount of olive oil. Pour in mixture and bake at 350 for 35-45 minutes or until lightly golden brown. Allow to set 10 minutes and cut slices. Top with fresh tomatoes and serve.

**Notes on Soy Milk:** I only use NON-GMO or Organic Soy Products. Read labels carefully.

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