

Breakfast – Don't Leave Home without It!

Article written by Natatie Sehi, MS, RDN, (nsehi2@unl.edu), Extension Educator

Many families are on the go and schedules are hectic, but it is important to remember breakfast. When possible, do not leave home without it (whether you eat it quick at home, or take it with you for a little later in the morning).

We have all heard it before; breakfast is the most important meal of the day. This is true for many reasons, but studies have shown that students (and adults) who eat a healthy breakfast are better able to focus throughout the day, are less likely to be absent and have more energy. For students in school, breakfast can improve test scores and decrease behavior problems.

Eating breakfast first thing in the morning, before school or leaving for the day for work can be a challenge. The goal for breakfast is to include at least three food groups. A popular breakfast meal is pancakes. They are easy to prepare and can be topped with different fruits or other toppings to meet your family's tastes. In addition, leftovers can be refrigerated or frozen and reheated in the microwave or toaster for a quick breakfast or snack. Pancakes can also be used as a part of a breakfast sandwich/wrap. Top a pancake with peanut butter and wrap it around a banana with a sprinkle of cinnamon.

If pancakes are not on the top of your list, other quick breakfast ideas that include three food groups include:

- Yogurt parfait (layer yogurt, fruit, nuts, and/or granola)
- Peanut butter and jelly sandwich with a piece of fruit
- Egg and cheese sandwich
- Oatmeal topped with fruit and nuts
- Crackers and cheese with a piece of fruit
- Granola bar, banana, and milk
- Frozen waffles topped with peanut butter and fruit
- Scrambled eggs wrapped in a tortilla and topped with cheese
- Egg sandwich with spinach and cheese

Sources:

1. USDA's MyPlate: <https://www.myplate.gov>
2. Power Up with Breakfast, Academy of Nutrition and Dietetics: <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/power-up-with-breakfast>



Fruity Whole Wheat Pancakes

- ½ cup fat-free milk
 - 2 Tablespoons margarine, melted
 - 1 egg
 - ½ cup whole wheat flour
 - ½ cup all-purpose flour
 - 2 teaspoons baking powder
 - 2 teaspoons sugar
 - ½ cup blueberries
1. Break eggs into a clean, large bowl. Wash hands after handling the raw eggs. Add milk and margarine. Mix well.
 2. Add the flour, baking powder, and sugar to the milk. Stir just enough to wet the flour.
 3. Gently mix in the blueberries.
 4. Cook pancakes on a lightly greased griddle or frying pan until the pancakes are full of bubbles and the under-surface is lightly browned. Lift with a spatula and flip over. Lightly brown the other side. Top with your favorite fruit! Makes 4 servings.

Nutrition Information per Serving:
Calories 220, Total Fat 8g, Sodium 340mg, Carbohydrate 31g, Fiber 1g, Sugars 6g, Protein 6 g.