



Better Living for Texans Newsletter

February 2019

Jump Start Your Day with Breakfast

Breakfast is often described as the most important meal of the day. The word breakfast literally means to "break the fast" from going without food since the night before. Eating a nutritious breakfast helps start the day off right, helps foster a healthy weight, and for children and teens, breakfast can help improve behavior and school performance. If you skip breakfast to lose weight, you may be sabotaging your goals. When starting the day with a balanced meal, you are less likely to overeat later in the day.

With the colder days of February, it has been selected as Hot Breakfast Month. This campaign for a hot breakfast emphasizes the importance of starting each day by eating a healthy breakfast. Although a hot breakfast may sound good, sometimes we all experience "morning madness" which may be a time crunch, involve picky eaters, or simply no appetite. On those mornings, a good breakfast choice for this important meal may be a bowl of cereal. With so many to choose from, how do you know which ones are healthier.

Choosing Breakfast Cereals

While ready-to-eat cereal is the most preferred breakfast choices around the world, Americans seem to really have their favorites. Americans buy around 2.7 billion boxes of cold cereal each year, enough to stretch all the way to the moon and back. That amounts to about 14 pounds of cereal that the average person consumes annually.

Cold and hot cereals are a quick, easy, nutritious way to start your day and it should provide the right amounts of certain nutrients needed to help you feel better than if you eat a meal high in carbohydrates only or do not eat anything.



What a Breakfast Cereal Should Provide

Your cereal should be nutrient dense and contain plenty of fiber but very little sugar and fat. Generally, a one-ounce serving of hot or cold breakfast cereal should contain:

- 100-200 calories (ideally less than 120 calories)
- protein (2 or more grams*)
- fiber (3 grams* or more, preferably 5 grams* or more)
- sugar (8 grams* or less)
- fat (less than 3 grams* of fat and no trans fat)
- between 10 and 25% of the Daily Value for key vitamins and minerals (e.g. iron, folate, B₆ and B₁₂)

*A gram is a metric unit to measure weight. It is about the weight of a paper clip.

What Counts as a One-ounce Serving?

It is important to understand what counts as a one-ounce serving, because most Americans are used to eating larger serving sizes. In ready-to-eat breakfast cereal, a one-ounce serving is 1 cup flakes or rounds or 1¼ cup puffed cereal. A one-ounce serving of a cooked cereal is ½ cup. For example, a serving of oatmeal equals: ½ cup cooked; 1 packet instant, or 1 ounce dry (regular or quick).

To round out your bowl of cereal for a more complete meal that includes two other food groups, grab a whole piece of fruit or add some fresh or frozen berries to your cereal, and enjoy a serving of low-fat milk or yogurt.

Source: Adapted from Clemson University Cooperative Extension *Choosing Breakfast Cereals*, <https://hgic.clemson.edu/factsheet/choosing-breakfast-cereals/>
Photos Source: <https://unsplash.com/>

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Local Events

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Recipe of the Month

Recipe Source: Quaker Oats Website, <https://www.quakeroats.com/>

How to Make Oatmeal (1 serving for each)

Oatmeal is a satisfying, healthy morning meal. Here are cooking instructions for quick-cooking oats and old-fashioned oats.

Ingredients

- 1 cup water
- ½ cup oats
- Dash of salt (optional)

Directions

Quick-cooking oats have been precooked then dried and rolled. They are sometimes labeled "instant oats."

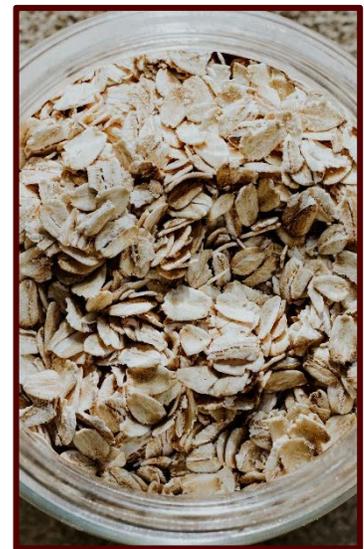
Stovetop: Bring water and salt to a boil in a small saucepan. Stir in oats and reduce heat to medium; cook for 1 minute.

Microwave: Combine water, oats, and salt in a microwavable bowl. Microwave on HIGH for 1½ to 2 minutes. Stir before serving.

Old-fashioned oats have been steamed and then rolled. They are sometimes labeled "rolled oats."

Stovetop: Bring water and salt to a boil in a small saucepan. Stir in oats and reduce heat to medium; cook, stir occasionally, for 5 minutes. Remove from the heat, cover and let stand for 2 to 3 minutes.

Microwave: Combine water, oats, and salt in a microwavable bowl. Microwave on HIGH for 2½ to 3 minutes. Stir before serving.



To add flavor and nutrition to cooked cereals try...

- Using fruit juice (apple, orange or other 100-percent juice) or low-fat or fat-free milk as the cooking liquid
- Top or stir in chopped fruit (apple, peach, banana, kiwifruit), dried fruit (chopped apricots, papaya, dates, raisins, cranberries), or nuts and seeds
- Add dry milk powder to fortify with extra calcium
- Liven it up with spices (cinnamon, nutmeg, allspice or cloves)

Nutrients Per Serving: 150 calories, 3 g total fat, 0.5 g saturated fat, 5 g protein, 27 g carbohydrates, 4 g dietary fiber, 1 g total sugars, 0 g added sugars, and 148 mg sodium

Total Cost: \$\$\$\$

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