

## Roadmap to making breakfast a daily habit

Nearly 90 percent of Americans recognize that breakfast is beneficial to the body, so why are fewer people making time for the morning meal (1)? Reasons given for missing the most important meal of the day show some common themes.

Common Reasons we people skip breakfast:

- No time
- Not hungry in the morning
- Simply forget to eat it
- It's inconvenient or hard to make
- Trying to eat less for weight loss
- Limited funds for food

Once you've identified your personal barriers between you and a morning meal, you can better see ways to overcome them.

### How to Become a Breakfast Newbie

- Set up your shopping list thinking about foods you need for every meal, starting with whole grains like oatmeal for breakfast.
- Set your alarm clock, and then set the stage for breakfast by laying out bowls, spoons, juice cups and breakfast items from the pantry the night before.
- Keep breakfast items in the kitchen at eye-level for little ones so they can help themselves which gets everyone out the door faster.
- As with any meal or snack, eat when hungry – if you have breakfast a few hours after waking up, that's just fine, there's nothing wrong with a granola bar at 10 a.m.
- Dedicate refrigerator space just for breakfast items, like hardboiled eggs, fruit, orange juice, yogurt and other items to grab and go.

- Seek out school breakfast programs that can save both time and money at home.

If you've tried these things and are still bypassing breakfast, consider consulting a registered dietitian who can create a personalized approach to suit your lifestyle.

## Start 2010 with a healthy eating plan



A new year means new beginnings. What better way to treat yourself than with a new healthy eating plan? Sometimes though, New Year's resolutions lead to disappointment because people try to do too much too soon. The key is to take small steps you can actually accomplish.

- ❖ Skip second helpings at dinner.
- ❖ Eat lean chicken, turkey or beef.
- ❖ Be sure to eat whole grains, fruits and beans, or have whole grain cereal with low-fat or non-fat milk and fresh fruit.
- ❖ Take a 15-minute walk after lunch.  
Eat salads with plenty of vegetables like tomatoes, broccoli florets, shredded carrots, or green or red peppers.

Making small changes and taking steps like these, you will be on your way to eating right in the New Year.

*Produced by ADA's Public Relations Team*

## Family Friendly Recipes



### Applesauce Muffins

A great grab & go treat!

#### Ingredients:

- 1/4 cup margarine
- 1 cup sugar
- 1 egg
- 1 1/2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 cups flour
- 1 1/4 cups applesauce

#### Instructions:

1. Preheat oven to 350 degrees. Line muffin tin with paper baking cups or grease bottom of tin with margarine or pan release spray.
2. Cream margarine and sugar with an electric mixer. Add egg, mixing well. Blend in remaining ingredients.
3. Fill muffin tins 2/3 full and bake for 15 to 18 minutes.

Variation - Diced apple or raisins may be added to batter.