

April 2021

**Published by the Niagara County Office for the Aging
111 Main Street Lockport NY 14094 438-4020**



Stop Skipping Breakfast!!!

Many of us think the best way to cut calories and shed unwanted weight is to skip meals, but this can, and will, have unintended consequences! Breakfast truly is the most important meal of the day, as it kick starts our metabolism and gives us energy throughout the rest of the day. By skipping this important meal, not only will you go hungry for hours, but you will most likely end up making unhealthy food choices due to that hunger.

Try to incorporate protein, whole grains, and fruit/veggies into your breakfast when possible.

Here are some tips that may make eating breakfast not only healthier, but easier as well!

- Make your own oatmeal with low-fat milk instead of the instant packets. Toss in raisins or dried cranberries or fresh fruit and chopped walnuts or almonds
- Layer low-fat plain yogurt with your favorite crunchy whole grain cereal and blueberries. Try to add fresh fruit to your yogurt instead of the "fruit-on-the-bottom" options.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana. Power up your smoothie by adding a handful of spinach or kale!
- Grits topped with a sprinkle of low-fat cheese and spinach or tomatoes. Add a cooked egg on the side. Microwave your egg in a mug if you don't want to dirty your frying pan!



- Top a toaster waffle with low-fat yogurt and peach slices.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up. Try a whole wheat tortilla if you can!
- Hummus spread on a whole-grain toasted bagel with cucumber and tomato slices on top.
- Low-fat cottage cheese with fruit
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.

- Corn tortilla with mashed avocado, black beans, salsa, and low-fat shredded cheddar cheese



Source: *The Academy Of Nutrition and Dietetics, eatright.org*

Microwave Denver Scrambler!

Place 2tbsp chopped bell pepper and 1tbsp chopped onion in an 8oz ramekin or custard cup or small bowl.

Microwave on high for 30 seconds and stir. Add 1 egg, 1 slice of deli ham and 1tbsp water. Beat until egg is blended.

Microwave on high for 30 seconds and stir. Microwave until egg is almost set, 30 to 45 seconds longer.

Note: Scrambled eggs will continue to cook and firm up after removed from the microwave. Season with salt and pepper if desired.

Serve in whole wheat bun (optional).

Source: *Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners; MyPlate Kitchen, formerly What's Cooking? USDA Mixing Bowl*