

HOME ECONOMICS GUIDE



Published by the University of Missouri-Columbia
Extension Division
College of Home Economics

NOV 07 1979

R

Break-Fast

Ann A. Hertzler
Nutrition Extension Specialist

Don't have time to eat? Want to lose weight? Breakfast makes you sick? For solutions, some people want to skip the first meal of the day. But these same people are likely to eat a midmorning snack for quick energy with little nutrient contribution, to gorge at other meals, and to have inadequate diets.

Everyone needs breakfast to start the day. Breakfast habits started as a child will influence habits followed as an adult. All age groups need to be concerned.

Why is breakfast important for nutrition?

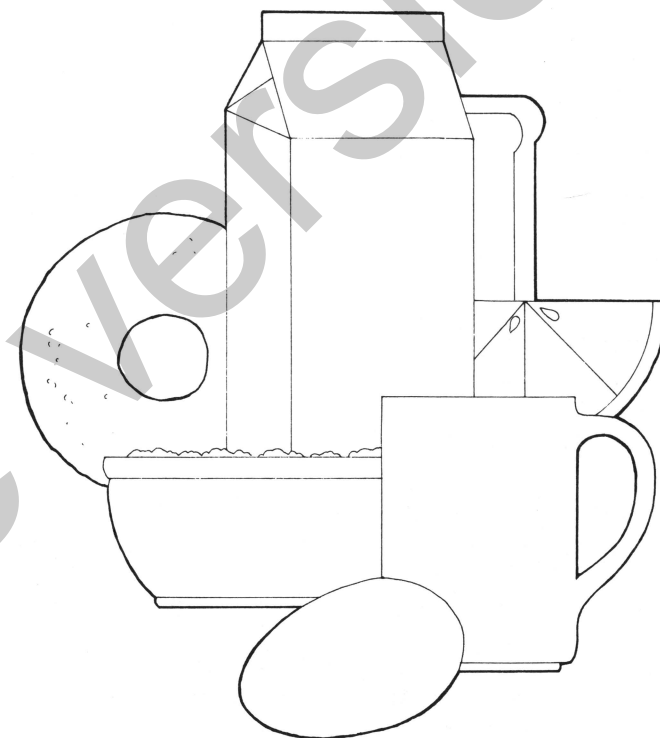
First of all, since the body has gone without food for 8 to 12 hours, food is needed to break-the-fast to provide nourishment for the body. A breakfast containing one-fourth of the daily caloric and protein allowances has been shown to be superior to smaller or larger breakfasts for maintaining efficiency throughout the morning. Breakfast skippers will most likely be hungry by midmorning and be less alert in the late morning hours.

Secondly, the body needs nutrients such as protein and the water soluble vitamins which are not stored in the body spread throughout the day. Good quality protein needs to be provided throughout the day so the body can meet the needs for growth and repair of cells and hormones, and for maintenance of protein structures. The body needs a variety of food throughout the day to furnish the many different nutrients to keep the body functioning. No one food contains all the nutrients that the body needs.

Does breakfast improve learning and work ability?

Several studies have indicated that students who eat breakfast are more alert and less irritable than students who do not eat breakfast. The same is true for others. Visible characteristics of groups who do not get enough to eat are apathy, tiredness, and disinterest.

The importance of sharing at breakfast time is an important influence on learning. Being with a group instead of being alone can provide stimulation and interest in activities and ideas. The sharing might be with family



members in the home, with other students in school breakfast programs, with patrons at food services or with elderly in special meal projects. The stimulation of thoughts and the sharing with others may be just as important as nutrition concerns in influencing learning in a positive way.

Planning Breakfasts

A few basic food selection and management techniques can help in planning foods to break the fast.

● Check Nutritional Adequacy

Following a food guide such as the Basic Four (Home Economics Guide 1918 - FOOD FOR FITNESS) is one

way to select a variety of foods to provide nutrients needed by the body. The 2 dairy - 2 meats - 4 fruits and vegetables - 4 breads and cereals pattern for an adult should be spread throughout the day in meals and snacks. Breakfast is part of the total day's food pattern. *Plan foods from at least three of the food groups:*

MILK

Milk
Cheese
Ice Cream
Yogurt

FRUITS/VEGETABLES

Dark green and orange
Citrus, tomatoes, cabbage
Other

MEAT

Beef, lamb, veal and pork
Poultry: Chicken and turkey
Fish
Eggs
Dried beans and peas
Nuts

BREAD/CEREAL

Breads
Cereals
Pastas: Noodles, spaghetti, macaroni

For children and pregnant or lactating women who need more than two servings from the milk group each day, include a serving of milk at breakfast to insure an adequate intake throughout the day. Remember that coffee whiteners are not part of the milk group since they are usually made from vegetable oils and corn syrup solids.

Another way to judge nutritional adequacy in breakfasts is to check for particular nutrients. Calcium, iron, vitamins A and C are most likely to be missing in American diets while calories (food energy) tend to be excessive (Home Economics Guide Series 1980, 1981, 1982). Remember to consider the total day's food pattern when evaluating the nutritional adequacy of breakfast. Orange juice is not a must when equivalent servings of Vitamin C foods are served at other meals.

● Count Calories

Breakfast calories need to be from nutritional foods and in the total food plan. As a matter of fact, the same number of calories supplied in one large meal will more likely cause a weight gain than the same number of calories spread over several smaller meals and snacks throughout the day.

High and low calorie choices can be made from each

food group. Look at the following comparisons:

Milk	1 c. skimmed milk (90 calories)	1 c. cocoa (245)
Meat	1 hard cooked egg (75)	1 fried egg (110)
Fruit- Vegetable	½ c. tomato juice (20)	½ c. apricot nectar (70)
Bread- Cereal	1 slice white toast (70)	1 plain doughnut (125)

Some choices are foolers. So be sure to look up calorie content instead of relying on intuition or what people say. And remember extra servings add extra calories.

Also count calories from extras not contained in the food groups:

- Sugar added to cereals or beverages
- Spreads, syrups and jellies added to toast, pancakes and waffles
- Frostings on doughnuts, coffee cakes, or other quick breads
- Fat used in frying
- Chocolate added to breakfast foods and beverages

Breakfast Menus

Old Standbys (Traditional Breakfasts)

These are easily prepared at home or are available when eating out. Check each of the breakfasts on the following page to see how they fit the nutrition plan and a calories plan. Use the last space to calculate your favorite breakfast. Are three of the four food groups represented? How many calories does it contain?

Breakfast teasers for children can be hot cereals or muffins to which they add a face using fruit such as raisins, sliced peaches, and bananas. Also, teach children about breakfast food preparation so they can learn how to make choices.

Quick Breakfasts

Leftovers, hot or cold, are not only quick but also nutritious. For example, note that spaghetti (meat, tomato sauce, and noodles), pizza (crust, tomato sauce, and cheese) and tacos (tortilla, meat mixture, chopped greens, and cheese) each provide at least three of the four food groups. Leftovers such as stew, soup, and macaroni and cheese, baked or cooked dried beans, and hamburger on a bun, are also nutritious choices for a quick breakfast.

Many kinds of hot or cold sandwiches can be used for quick breakfasts incorporating the bread group (sandwich breads, dark breads or rolls, quick breads), the meat group (meat, peanut butter, cheese, fish or poultry), the milk group (cheese slice, ice cream), and the fruit/vegetable group (tomato, lettuce, all kinds of fruits and juices).

	Milk	Meat	Fruit-Vegetable	Bread-Cereal	Extra	Total Calories
Breakfast No. 1		Egg (80)	4 oz orange juice (55)	2 slices Toast (130)	Jelly (50)	315
Breakfast No. 2	8 oz W Milk (160)		4 oz orange Juice (55)	1 oz. Cereal (100)	Sugar (50)	365
Breakfast No. 3		2 oz. Sausage (170)	½ c. Applesauce (110)	2-4" Hot Cakes (120)	1 Tb Syrup (50)	450
Breakfast No. 4	1 c. Milk Gravy (200)	With 1 oz. Sausage (85)		2 Biscuits (200)		485
Breakfast No. 5	½ c. Ice Cream (130)		½ cantaloupe (60)	2 Muffins (240)	2 tsp Butter (70)	500
Breakfast No. 6		Pork Chop (260)	½ c. Home Fries (155)	2 slices Toast (130)	2 tsp Margarine (70)	615

Fast food ideas are another way to plan quick breakfasts. Again, use the basic plan for nutrition and calorie selections.

The following are some simple ideas in planning quick breakfasts. How could you add to them so at least three food groups are present?

- Homemade or commercial waffles heated in the toaster.
- Hard-cooked eggs stored in the refrigerator.
- Peanut butter sandwiches.
- Cheese and crackers.
- Homemade or commercial mixes (hotcakes, pancakes, cocoa).

Family members can mix together "one-dish drinks" for a quick breakfast. For example, mix together equal parts of milk and orange juice for a fast breakfast, or

Strawberry Breakfast Whirl

Put into blender:

- 1 cup chilled milk
- 1 egg
- ½ cup cooked, cooled rolled oats
- ½ cup slides fresh or defrosted frozen strawberries

Blend 5 seconds.

Camping-Out Breakfasts

In addition to nutrition, there are several concerns for planning camping breakfasts. The chief concerns are food safety and, when back-packing, the weight of the food.

Mixes for items such as cocoa, quick breads (hot cakes, corn bread, muffins, and biscuits) and hot cereals are easy to plan if a safe water supply is available (See Home Economics Guide Sheet 1421, Safe Carried Meals). To reduce weight and keep food dry, transfer mixes and directions to plastic bags. Stores that handle camping supplies also have a variety of dehydrated food designed for camping trips. The breakfast plan for camping out can be as interesting as facilities, talents and time allow.

When selecting protein foods for camp outs, choose ones with low moisture contents or canned ones in order to avoid food spoilage. Powdered or canned milk can be reconstituted with a safe water supply for drinking or cooking. Peanut butter and cheese are good protein sources with low-moisture content that are easy, nutritious, fast, and easy to carry. Raw fruits add a choice from the fruit-vegetable group. They are easy to store and are also thirst quenching.

What About Commercial Instant Breakfasts

Liquid diets or breakfast wafers, tarts, and cupcakes are available in groceries and food service centers. They are one way to provide a nutrition start for the day. Read the label to check nutritional adequacy and the number of calories. Make sure they provide at least one-fourth of nutrient intake required each day.

Two problems with these packaged breakfasts are that individuals, especially children, may not know how to substitute food choices; and fiber is usually not part of these foods.

Breakfast in 1776

A country breakfast consisted of bread and butter or a cereal grain of some kind. Porridge, oatmeal, or mush were popular breakfast cereals.

A plantation breakfast included a hot bread and a main dish along with coffee, tea, or chocolate. The main dish was made with meat.

Poorer city folks ate large amounts of bread made from corn, rye, oat, or barley meals. At the time it was thought that poor people and slaves used corn, but wheat was used in gentlemen's homes.

The Indians taught early settlers about corn. Corn was milled by the family or the local mill and used as a family staple by many families. No good Virginia cook used sugar in corn bread. *Johnnie Cake* was the name of a recipe using Indian corn meal, water, and salt. *Spider Corn Bread* was so named because it was baked in a spider (e.g. a fry pan). *Southern Spoon Bread* which called for corn meal,

sweet milk, salt, butter, eggs, and boiling water was baked in a buttered casserole. *Crackling Bread* added diced cracklings to a mixture of corn meal, flour, soda, salt, and milk. *Corn Sticks* were made from a corn bread batter and baked in greased thins shaped like ears of corn.

In 1889 St. Joseph, Missouri, was the site of the first pancake mix. The mix soon was known by the name Aunt Jemina.

In 1776 the stove or range we know today was not yet in use. Instead fireplaces were used for cooking most meals. Pots, and pans, and griddles were usually heavy iron. Iron pots and pans have always been popular because of their even cooking and browning.

Food spoilage was high in the colonies. Instead of refrigerators or ice boxes, colonists used cool pantries or spring houses to keep perishable foods. Consequently, milk and eggs spoiled quickly in homes of both the rich and poor.

