

## Breakfast Choices

**Breakfast.** Breakfast means to “break the fast.” For the majority of people it is the longest period of time the body has gone without food. It is probably the most important meal of the day for providing fuel to your brain, muscles, and internal organs. Therefore, it is very important to provide a good balance of foods for this important meal. Typical breakfast foods such as white bread, pancakes, and ready to serve breakfast cereals are very high in sugar and do not provide a good balance of foods to start the day.

Try to choose one food from each group for your breakfast meal with emphasis on high quality proteins:

1. **Protein.**

- Tofu (Baked, scrambled, roasted, stir fried)
- Chicken
- Turkey
- Fish (those high in essential fatty acids, such as salmon are “extra good” choices)
- Eggs
- Soy products (try to choose the least “processed” such as tofu or tempeh)
- Protein powders (Rice, Soy, Whey or combination, typically used in smoothies)
- Nut butters (almond, hazelnut, peanut, ....)
- Other meat (Beef, pork, venison, rabbit, .....
- Cottage cheese
- Yogurt

2. **Vegetables and Fruits.** (For balancing blood sugars, many vegetables have a lower glycemic index than fruit. As you remember, the glycemic index is a measure of how quickly the food turns into sugar in our bodies. A low glycemic index means a slower conversion to sugar.) From a nutrient standpoint, typically, the most desirable is whole fresh food, then frozen, then canned, for both vegetables and fruits.

low glycemic index

asparagus, bean sprouts, beet greens, broccoli, red and green cabbage, cauliflower, celery, swiss chard, cucumber, endive, lettuce (red, green, romaine), mustard greens, parsley, radish, spinach, watercress.

medium glycemic index

string beans, beets, bok choy, brussel sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, red pepper, pumpkin, rutabaga, turnip, zucchini

high glycemic index

artichoke, parsnip, green peas, squash, carrot

very high glycemic index

yams, sweet potatoes, white potatoes

\*Helpful hint: chop a combination of your favorite vegetables ahead of time, and keep in refrigerator. You can use to mix with scrambled eggs or tofu, add to salads or soup when in a hurry. One of my favorite combinations is: red onion, zucchini, mushrooms, broccoli, asparagus, and a small amount of carrot.

Like the vegetables, try to eat mostly the lower carbohydrate (glycemic index) fruits.

Low glycemic index

Cantaloupe, rhubarb, strawberries, melons

Medium glycemic index

Apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi

High glycemic index

Apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate

Very high glycemic index

Banana, figs, prunes

3. **Legumes and Grains.** Legumes such as split peas, lentils, kidney beans, pinto beans, tempeh, miso, mung beans, garbanzo beans, aduki, azuki beans. Grains such as brown or basmati rice, rye, oatmeal, quinoa, barley, buckwheat, millet, amaranth are particularly good. Many people are sensitive to wheat products, however, a mixed whole grain bread may be a good choice for some. Keep in mind most grains have a much higher glycemic index than legumes.

Samples of Breakfast Choices

Lentil soup with turkey ham or turkey chunks

Spinach omelet with feta cheese

Salmon omelet with parsley, Parmesan, broccoli

Omelet with grated carrot and zucchini

Omelet with broccoli and rice pilaf

Omelet with tomato, mozzarella, spinach and basil

Buckwheat pancake with blueberries and yogurt

Spelt tortilla with refried beans, chicken, Spanish rice

Frittata with leftover vegetables and rice

Rice crackers with almond butter and apple chunks

Blueberry smoothie with rice protein powder and soy milk

Poached egg with Ezekiel bread and pineapple chunks

Vegetarian chili with soy chunks and cheddar cheese garnish

Turkey stew with broccoli, asparagus, onions, carrots, and wheat free dumplings

Quinoa muffin, blackberries/blueberries, yogurt

Cottage cheese, pineapple chunks, Ezekiel toast

Brown rice, almonds, raisins, soy milk

Broiled salmon, brown rice, broccoli/zucchini

Raisin/nut toast, cottage cheese, carrot/celery sticks

Oatmeal with almonds/walnuts, strawberries, and soy milk

Spicy chicken sausage, applesauce, rye toast

Salmon lettuce rolls with cream cheese

Curried chicken with rice and cauliflower

Chicken quiche with mushrooms, cauliflower, spinach

Turkey mixed green salad with chopped egg, balsamic vinegar dressing

Home-prepared foods are much better choices for healthy eating because they do not have the additives which are included in packaged baked goods, canned soups, boxed meals, microwave meals, and fast foods. However, with an eye toward healthier eating, you can make healthier choices at grocery stores and fast food outlets.

What's for Breakfast, A Cookbook by Joan Haynes, ND is available through the Retail Store on [www.countrydoc.com](http://www.countrydoc.com) for \$10.95