



Being Present

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EAT

Fuel your body and brain with nourishing food in the morning. If you have children in school, explore the school breakfast option if time is short in the morning at home.

- **Aim for variety.** Choose foods from three or four different food groups, such as a grain, protein, fruit and milk, for breakfast.
- **Have some protein.** Researchers have shown that people who eat a protein-containing breakfast performed better on tests involving thinking and concentration. For example, a glass of milk, container of yogurt, piece of cheese, peanut butter on your toast or hard-cooked egg all add protein.
- **Choose cereal wisely.** When shopping, look high on the shelves instead of at eye level or lower, where the kids' cereals often are placed.
 - Read the Nutrition Facts labels carefully. Compare fiber, sugar content, vitamins and minerals.
 - Compare cereal prices. Consider store brands, and use the unit price found on most store shelves.
 - Choose whole-grain cereals and whole-grain breads. To select whole-grain foods, check the first couple of items on the ingredient list. For example, look for oatmeal, whole wheat or whole grain. Look for a health claim on the package.

See “Now You’re Cookin’: Breakfast” from NDSU Extension at www.ndsu.edu/agriculture/extension/publications/now-youre-cookin-breakfast for more information.

How do you feel when you skip breakfast? Do you feel tired and maybe a little “out of sorts”?

What is your body telling you? Knowing your body’s signals is part of mindful eating.

March is National Nutrition Month, and March 6-10 is National School Breakfast Week. Whether or not we are in school, eating breakfast is a good idea.



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Hot Cereal Toppers

Make your favorite hot cereal according to package directions, such as oatmeal, Cream of Wheat or Malt O’Meal.

Choose a couple items from this list to add variety to your hot cereal:

- Fresh or frozen fruit (thawed): strawberries, raspberries, peaches, blueberries, apple slices, banana slices
- Dried fruit: cranberries, raisins, apricots
- Nuts and seeds: chopped walnuts, pecans, sunflower seed kernels, coconut
- Yogurt
- Sweeteners and add-ins: honey, brown sugar, maple syrup, mini-chocolate chips
- Cinnamon
- Your ideas?



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CONNECT

Breakfast can be **the meal of the day** for families who can't get together at the table for lunch or dinner. Advantages of spending time together at breakfast can include making sure everyone is out of bed, dressed and has a positive and nutritious start to their day. Here are a few ideas to try when you talk with your family about healthy foods and good nutrition.

- **Try a new food each week this month.** Prepare a sample size of persimmon, papaya, dragon fruit, jicama or any food that is new to your family. Research health benefits and preparation information together. Serve it during family game night with a similar size of a familiar food.
- **Buy a different type of juice** than your family usually drinks and do a blindfold taste test to see if anyone can guess the flavor. Encourage tasters to be present in the moment by first smelling the juice, then tasting the juice. Is it thick like tomato juice? Could it be a new family favorite?
- **Without anyone knowing, time how long it takes for your family to eat a meal.** Slower is better. It takes about 20 minutes for your stomach to tell your brain it's full. Most of us take less than 10 minutes to eat a meal. If you eat more slowly, put your utensil down between bites, chew and savor your food, you will eat less. This is also a mindfulness technique.



Savor (the Savings)

Even though eggs have become more expensive due to supply issues, they remain a good buy nutritionally. At just 70 calories each, an egg provides 13 vitamins and minerals. The protein in eggs is very digestible.

If costs or allergies are a concern, the following ingredients may be substituted for one egg in baked goods, but you will need to experiment with your recipes. Muffins and quick breads may work best with some of these substitutions.

- ¼ cup applesauce
- ¼ cup mashed banana
- ¼ cup vegetable oil
- ¼ cup of yogurt or buttermilk
- 3 tablespoons aquafaba (the liquid found in canned chickpeas or beans)
- Egg substitute or replacer (see package directions)

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