New Year - New Breakfast Resolution

Oat and Fruit Bar

It's that time of year again for making New Year's resolutions. For many, the overindulgence during the holiday season makes weight loss one of the top New Year's resolutions.

This year, instead of focusing on weight loss, why not focus on lifestyle changes that can promote weight loss and decrease the risk of multiple diseases like heart disease, cancer, diabetes and high blood pressure?

Most people are familiar with the recommendations for a healthsupporting diet, like eating more foods high in fiber such as whole grains, fruits and vegetables, and eating less fat and salt.

Why not start with healthy lifestyle changes at breakfast? Dieters often skip breakfast in an attempt to save calories; however, this is an idea that seldom works. Research shows that breakfast "skippers" typically consume more calories and more fat during the day than breakfast eaters. Breakfast "skippers" have more than four times the risk of obesity as compared to breakfast eaters.

Try starting the day with foods high in complex carbohydrates and high in fiber, such as whole grains or starchy vegetables. Add foods high in protein, such as low fat dairy products, eggs, nuts, seeds, beans, or legumes. Soymilk and vegetarian meat substitutes are also high in protein.

For a traditional breakfast menu, try whole grain English muffins with low cholesterol eggs and low fat vegetarian sausage, or whole grain cereal with low fat dairy or non-dairy milk and whole fresh fruit.

For a quick meal, try a fruit smoothie with fresh or frozen fruit and soymilk, or whole grain toast spread with nut butter (try almond butter), or whole grain muffins with low fat yogurt.

Or, why not try a non-traditional breakfast such as baked potatoes, yams, brown rice, or whole grain tortillas with a bean soup (black bean or lentil) or low fat refried beans.

As portions have increased in the United States, so have the weights of Americans. Be careful to watch portion sizes. A low fat whole grain muffin may seem like a healthful choice, but portion sizes typically served at restaurants and cafes are usually about three to four servings. Remember a health-supporting diet starts with breakfast.

Oat and Fruit Bar	
1 cup	whole wheat flour
2 cups	oats
1/2 cup	brown sugar
1 teaspoon	cinnamon
1/2 teaspoon	nutmeg
1/2 teaspoon	salt
2 teaspoons	baking powder
1 teaspoon	vanilla
1 cup	nonfat milk
1/2 cup	applesauce, unsweetened
Egg substitute	equivalent to two eggs
1/2 cup	raisins or chopped dates
1/2 cup	nuts (optional)

Preheat oven to 350°.
Mix dry ingredients except raisins.
Set aside. Mix wet ingredients together.
Add to dry ingredients and mix until moist.
Add raisins or dates.
Pour ingredients into a 9" x 13" pan lightly sprayed with non-stick spray.
Bake for 30 to 35 minutes.
Makes 15 servings.

Per serving
Calories 123
Protein.....4 grams
Fat.....1 gram
Carbohydrates .....24 grams

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