

March 2018

SENIOR MEALS PROGRAM

bateman
Community Living

T. Lindsey, R.D.N., 01/17/18

Breakfasts for Busy Mornings

Research has shown that breakfast is the most important meal of the day and yet, many choose to skip this meal. For women, you should aim to have around 300-500 calories during breakfast, while men should aim to have between 375-625 calories. As Adelle Davis famously put it back in the 1960s, “Eat breakfast like a king, lunch like a prince, and dinner like a pauper.” What you choose to eat, or not eat, in the morning will drastically effect not only the rest of your day, but your health in the long term.

Too often fast food has become the popular choice. However, no matter which fast food chain you choose, either high fat, sodium, or calorie choices abound; recommended sodium level is no more than 770 mg per meal. If you look at a nutrition label’s % Daily Value, 5% or less of a nutrient is low and 20% or more of a nutrient is high; look at the ingredients list, as well, to avoid foods with high fructose corn syrup.

The best breakfast you can choose to eat is one that will give you the most energy slowly through morning until your next meal. Here are some examples of quick fix, light, high-fiber and protein meals that are lower in calories:

- ✓ **Whole Wheat Breakfast Burrito.** Add any ingredients in your refrigerator, from black beans to eggs, avocado, & sweet potato.
Calories: 297, Protein: 20g, Fiber: 20g
- ✓ **Sunbutter, Banana, & Chia Toast.** Spread these on some whole wheat toast and you’ve got a fiber-full meal!
Calories: 210, Protein: 8.5g, Fiber: 5g
- ✓ **Berry & Yogurt Smoothie.** Protein packed to keep you full & satisfied. Add oats to increase the fiber.
Calories: 166, Protein: 6g, Fiber: 6g
- ✓ **Steel Oats Soaked in Milk of choice Overnight.** Enjoy cold or warm and add choice of fruit fresh or frozen.
Calories: 403, Protein: 14g, Fiber: 9g



Adapted from <https://www.sciencedirect.com>; <https://www.webmd.com>;
<https://greatist.com>; <http://www.cookinglight.com>

Café 60 Dining in Lane County

Call for Information

www.laneseniormeals.org

LANE COUNTY

Coburg, Odd Fellows Hall

Wed. Only (541) 682-4378

Cottage Grove, Riverview Terrace

Tues., Wed., Thurs. (541) 942-9261

Creswell, Cresview Villa

Mon., Wed., Fri. (541) 895-2338

Eugene, Olive Plaza

Monday - Friday (541) 342-3515

Eugene, Northwest Neighbors

Monday - Friday (541) 689-8011

Eugene,

River Road Park Annex Building

Tues. & Thurs. (541) 688-4052

Florence, Florence Senior Center

Mon., Wed., Fri. (541) 997-5673

Junction City, Viking Sal Sr Center

Mon., Wed., Fri. (541) 998-5367

Oakridge, The Nazarene Church

Tues. & Thurs. (541) 782-4318

Springfield, Willamalane

Monday - Friday (541) 736-4444

Veneta, Fern Ridge Service Center

Mon., Wed., Fri. (541) 935-7354