



Have You Heard?

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Wake Up To A Healthy Breakfast

Say "breakfast" to some people and visions of a big, farmstyle breakfast of home fries, warm biscuits, bacon, eggs and fresh-squeezed orange juice pop into their heads.

While most adults would agree that breakfast is an important meal, approximately one-fourth of all adults usually or always skip it, and fewer people than ever are eating breakfast at home.

If you are a breakfast skipper or stop for breakfast at your favorite fast food restaurant, why not put your time-management skills into action and opt for a breakfast that can be quickly prepared and eaten at home, or put together at your desk. With a little advance planning, you can enjoy a breakfast that supplies the energy and important nutrients needed by the

body throughout the day.

Consider some basic options: an eight ounce carton of yogurt, a half cup of cottage cheese, one and one half slices of cheese, a slice of bread, a cup of ready-to-eat cereal and a medium size apple or orange. Foods from each of the basic four food groups can be mixed and matched in a variety of simple breakfast combinations.

For example, on mornings when nothing seems to go right, pour a cup of cereal into a container and carry it to work accompanied by an orange or banana. Add a carton of milk from the vending machine, and you have yourself a nutritious breakfast. For something a bit more enticing, spread one-half cup of ricotta cheese on a slice of whole grain bread and top it with a teaspoon of jam or a sprinkling of cinnamon. Or, if bagels are your passion, spread on

some cream cheese and top with slices of apple.

Breakfast shakes from the blender take but a few minutes to prepare and offer a refreshing pause. Prepare a Banana Egnog Shake by adding one-half ripe banana, one large egg, three-fourths cup milk, and a teaspoon of sugar to a blender container and whirl together. Pour into a glass and sprinkle with nutmeg. Or pour into a small thermos and carry it to work, being sure to shake it well before drinking. For a yogurt-based shake, blend together one cup of plain yogurt, one-third cup

of milk, a cup of cut-up fresh fruit, a few drops each of vanilla and sweetener and a dash of nutmeg. Add a tablespoon of wheat germ and several tablespoons of nonfat dry milk for extra nutrients.

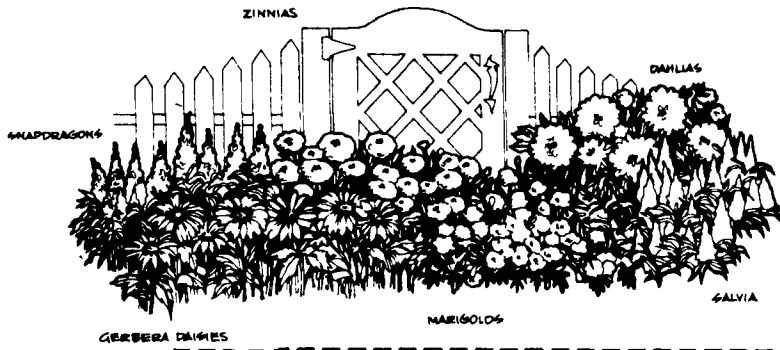
Open-faced breakfast sandwiches can also be put together quickly and broiled in your toaster oven. Slices of tomato and hard-cooked egg topped with a slice of low-fat cheese provide an unusual but tasty breakfast entree.

When time is more abundant on the weekends, cook some extra breakfast foods and freeze them to reheat in the microwave during the week. Whole wheat pancakes to which Cheddar or Swiss cheese

and crumbled bacon have been added will provide the extra staying power needed for a busy morning at work. Forget the traditional topping of butter and maple syrup; they are tasty enough to eat "as is."

Do not overlook a piece of leftover cheese pizza or quiche as a sound way to begin the day. Try red and green grapes, a slice or two of cheese and some crackers.

Post these suggestions on your refrigerator door, so that the next time you think of leaving the house without breakfast you will have a ready supply of tasty ideas worth waking up for.



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