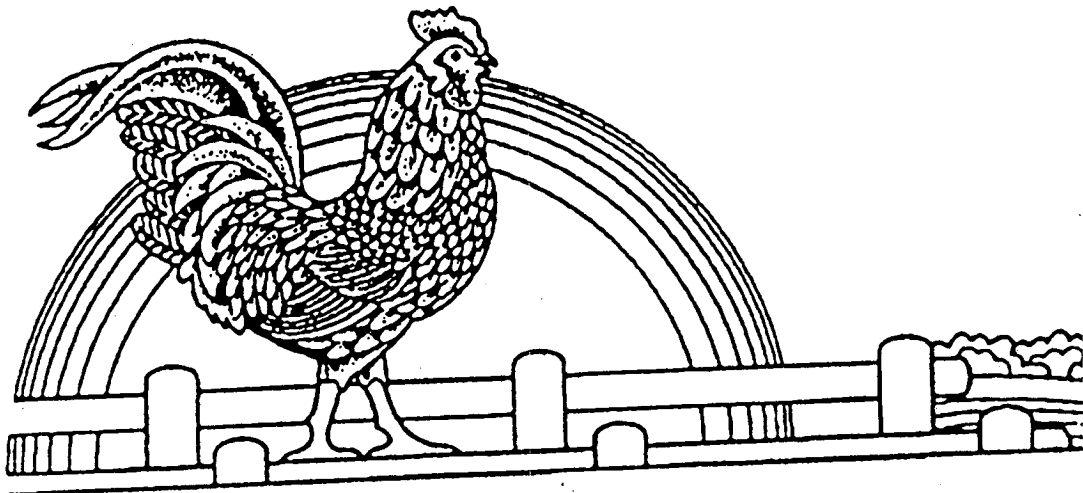


Spring-3 Session

Rise and Dine

During this session you will:

- ◆ *Identify your current patterns of morning eating*
- ◆ *Identify the benefits of morning eating in relation to WHI goals*
- ◆ *Develop creative ideas for morning meals and snacks*



Review of Progress

- ◆ How did you handle meeting your WHI goals during the last 3 months ?
- ◆ Did your approach to social occasions differ from that of years past? If so, how?
- ◆ What strategies and skills did you use to maintain your progress?

My Breakfast Style

Mention the word “breakfast” and most of us discover we have a strong opinion on the subject. Some are sure that it’s part of a healthy eating plan. Others feel they have good reasons for skipping it. When asked in surveys how often they eat breakfast, 20-25% of Americans answer, “Rarely or never.” A few more reply, “Sometimes.” There are as many patterns for morning eating as there are people.

It may be a pattern familiar to most of us at one time or another: no-time-for-breakfast, grab-a-light-lunch, eat-a-big-dinner (“I didn’t realize I was this hungry.”), then snack throughout the evening. If food is fuel, it’s like driving from San Francisco to Los Angeles nearly on empty, then filling up the tank once you arrive.

On the other hand, you could have a more leisurely pattern because you and your spouse (if appropriate) are retired. This lets you have more time to relax and talk while eating breakfast. Perhaps breakfast time is the highlight of your day, quiet time with your husband, friends or even by yourself. You may find weekdays a breeze, but face more challenges on the weekends when you entertain or go out with friends for weekend brunches.

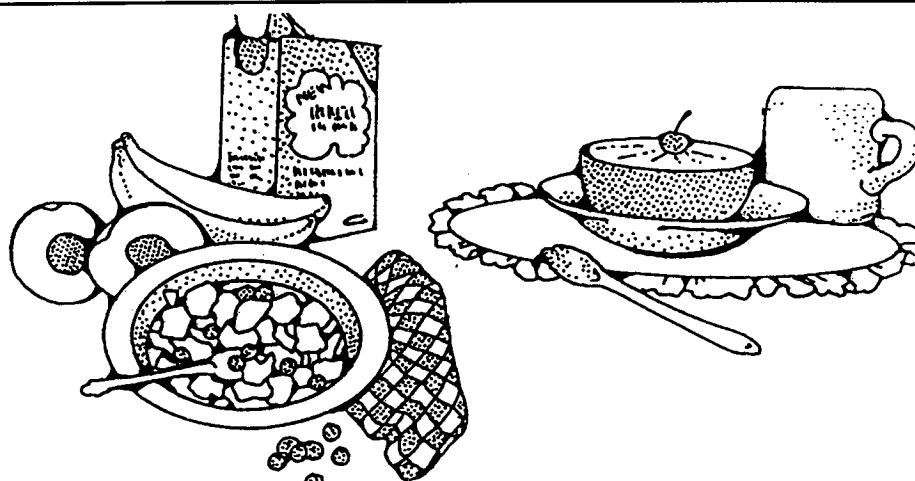
If you’re traveling (for work or enjoyment), maybe you find yourself in a restaurant at the breakfast hour, wondering once again how best to manage with the limited low-fat menu options. You have a few ideas, but would like some new suggestions to add variety to your morning meal.

The place to begin is by identifying your present style of morning eating. Read the descriptions given on Worksheet Spring 3-1 (pages 7-8) and identify your own breakfast style.

- ◆ Which of the patterns best describes what you do?
- ◆ In what ways do your morning eating patterns vary on the weekends?
- ◆ How does your current morning eating pattern compare to the one you had before joining WHI?

Once you’ve identified your current way of eating or non-eating in the morning, go on and see if you can identify some of the reasons behind your choices.

- ◆ What are some of the reasons you’ve chosen your current morning eating patterns?



Breakfast Issues of Champions

We each know some of the influences on our individual way of doing things in the morning: time demands, family traditions, life-long habits, concerns about maintaining a healthy weight, and our own knowledge and beliefs about the importance of breakfast.

It's important to reassess some of these beliefs and issues. So in this session we're going to raise and answer some important questions: Do you believe that eating well in the morning affects your level of fatigue? Do you suspect it may influence how long you live? Are you convinced it will impact your weight? Do you think that all low-fat

breakfast meals have to be similar? Are you sure that you don't have adequate time to eat in the morning?

We're all aware of various meanings for the word "belief." For this session, we're defining belief as: "conviction of the truth of some statement, especially when based on examination of evidence." (Webster's)

Use this definition and look at four statements that represent issues many people have about breakfast. Your aim will be to re-evaluate some of your own breakfast issues/challenges.

◆ **What have you read or heard about these topics?**

Issue #1 - Appetite/Weight: People who eat breakfast do not make healthier food choices or snack less.

This statement is not true. In fact, people who eat breakfast tend to make healthier food choices and snack less during the day. Researchers at Vanderbilt University looked at the effects of eating 2 meals vs. 3 meals a day on 52 women in a weight loss program. They found that the women who ate breakfast showed a lower fat intake and a higher carbohydrate intake during the day.

In addition, the same study showed another major advantage of eating breakfast—less impulsive

snacking later in the day. As a result, the women who ate breakfast had a lower overall intake of calories and fat when compared to a group of women who did not eat breakfast.

By now, you probably see that skipping meals (breakfast or any other) is not a good idea. On the other hand, you don't have to sit down and eat three big meals. Instead, you can eat fast, nutritious mini-meals, especially when the time is short. There have been a number of studies showing that people who eat several smaller meals throughout the day tend to eat less than people who eat two or three "square" meals.

Issue #2 - Time: Breakfast takes a lot of time to prepare and eat.

Again, this statement is not true. Less than 5 minutes is all that it will take to make a healthy meal. Yet breakfast is often pushed aside to make time for other activities. If you're in a big rush, try a glass of skim milk followed by a small glass of orange juice. This combination may not

seem to be ideal, but it can get your day off to a start and provide energy plus vitamins and minerals.

In addition, by planning ahead, you can put together some quick and delicious "morning take-outs". Look at some of the suggestions and strategies provided on Worksheet Spring 3-2 (pages 9-11) and on Resource Spring 3-1 *Quick Breakfast Ideas* (page 18).

Issue #3 - Appealing Food Choices: Low-fat breakfast choices are not tasty and appealing.

False. Low-fat breakfasts can be very tasty and appealing. Remember breakfast does not need to consist of typical breakfast foods. For a change of pace and flavors, try some non-traditional breakfast foods such as beans and sandwiches. Look at some of the quick breakfast ideas provided in the handout - *Quick Breakfast Ideas*. If you need some new ideas for special weekend breakfasts or entertaining house-guests, look at the recipe ideas at the back of this session. There are additional sug-

gestions and strategies provided on Worksheet Spring 3-2.

Issue #4 - Important for Health?: Adults don't function better or tend to live longer when they eat breakfast.

Eating breakfast may lend a hand in helping adults function better, but it is not clear whether eating breakfast can help people live longer. According to most studies, the measures of physical performance in adults are not influenced by eating breakfast or skipping it. On the other hand, researchers have found that people who eat breakfast tend to be in a better mood (more contented, interested, sociable, and outgoing). They also tend to perform better on some memory tasks. Both of these beneficial effects were not related to caffeine intake.

The jury is still out as to whether eating breakfast can help people live longer. In a 20 year-long study at UCLA, researchers found that eating breakfast was one of seven health habits associated with longer life and better

health. However, the results did not always reach a level of statistical significance. This is the measure used by scientists to be sure that a finding has not occurred by chance.

Think about the breakfast issues you have just read. Look at ideas and strategies listed on Worksheet Spring 3-2. Identify some ideas you can use to help you meet and maintain your WHI nutrition goals.

- ◆ **Which of the breakfast issues are most challenging for you?**
- ◆ **What strategies do you think would be most effective for you?**

Summary

Breakfast is a subject of strongly held opinions and deeply established practices. Sometimes it's merely the name for a way to "skip over" dealing with food early in the day in

hopes that postponed eating will mean less eating. As you can see, if anything it's the other way around: shifting food consumed to early in the day may actually improve well-being and support

WHI goals. As a bonus, it's probably a more effective way to maintain a healthy weight and perhaps even lengthen our lives.

Questions for Thought:

- ◆ **What new information did you learn in this session?**
- ◆ **How can you use the new information to modify your own morning eating patterns?**

Home Activity

Areas to work on during the next three months:

- ◆ Use the Fat Scan (or other self-monitoring method) to keep track of what you eat.
- ◆ Use at least one of the breakfast strategies or ideas you identified on Worksheet Spring 3-2 or on the Resource - *Quick Breakfast Ideas*. Evaluate how well they help you meet your WHI nutrition goals.

Evaluation:

- ◆ What breakfast strategies did I use?
- ◆ How did these strategies or ideas help me feel better and maintain my WHI nutrition goals?

My Breakfast Style

Check the column that indicates how often the description applies to you.

	Almost every day	Some times	Rarely or never
1. “Running Start”: I’m out of bed to a morning schedule that is busy from the time my feet hit the floor. I usually grab coffee or juice and feel fine until just about 10:30 AM...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. “Slow to Wake Up”: I’m up, but perking slowly with the coffee. The thought of eating much puts me off for the first few hours. I have juice and toast by 10 AM, followed by a light lunch. By dinner, I’m hungrier than I realized....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. “Found my Rhythm”: Whether it’s oatmeal and raisins or yogurt and fruit with a muffin, I’ve found breakfast is a good time to get in my fruit and grain servings. I’m committed to this and find I feel better as well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. “Like Breakfast, but Avoid It”: I like breakfast but avoid eating it because...: <ul style="list-style-type: none"> • I prefer to save my calories for later in the day. • I love those extra few minutes of sleep. • If I eat early in the day, I’m eating ALL day. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. “Ready for Anything”: I’m a “morning person”, and a brisk walk is usually first on my agenda. Once I’ve exercised and showered, I decide what to eat. During the week, it’s often cereal or toast with juice and coffee or tea.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Worksheet Spring 3-1 (continuation)

	Almost every day	Some times	Rarely or never
6. “Non-Traditional Style”:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy breakfast and like to eat non-traditional things: a sandwich, soup, beans or even low-fat pizza.			
7. “On the Road”:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I’m often in a restaurant for breakfast, thinking about what to do when everyone else is ordering a Grand Slam.			
8. “Miss that Old Tradition”:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bacon-and-eggs is still my idea of breakfast. I’ve set it aside except for one day on the weekend, but I’m a little bored with cereal and milk.			
9. “Have to Eat”:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unless I eat something in the morning I feel awful. However, I’m usually in such a hurry that I just grab a granola bar or stop at a fast-food restaurant on my way.			
10. “Enjoy Leisurely Breakfasts”:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Now that I (and/or husband) am retired I like to eat a leisurely breakfast. I visit with my husband, meet friends, or take time to read the newspaper.			
11. “Can’t Pin Me Down”:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other pattern: _____			

Breakfast Strategies

Read the specific strategies suggested for each issue surrounding breakfast eating. Look for strategies that can help you improve or maintain your WHI nutrition goals. Choose one or two of the strategies that you would be willing to use.

Appetite/Weight:

- ☐ Experiment for a week with eating a lighter, earlier evening meal. Does it affect your appetite the next morning?
- ☐ Don't be concerned if you experience hunger pangs at first when you suddenly include breakfast. If you're used to eating only one or two meals a day, your body has learned to cope with a new schedule. You can actually feel hungrier temporarily, because your body's signaling you to get all you can while the getting's good. Experts advise to continue eating breakfast, and this primitive response will disappear in a few days.
- ☐ Switch food intake to earlier in the day for a positive impact on maintaining a healthier weight.
- ☐ Try shifting to a pattern of several smaller meals throughout the day. As you self-monitor, what effect do you notice on overall intake level?

Time:

- ☐ Make low-fat muffins on the weekend. Each morning grab one with your juice and coffee.
- ☐ Make a yogurt sundae with fresh, canned or dried fruit topping. Use optional "sprinkles" of granola or Grape Nuts® or a couple of graham crackers.
- ☐ Top bagels, English muffins or toast, with fruit spreads, lean Canadian bacon or low-fat cheese. (For example, raisin toast with part-skim ricotta cheese.)
- ☐ Top frozen low-fat waffles or pancakes with fruit.

Worksheet Spring 3-2 (continuation)

- ☐ Get a jump on things the night before:
 - ☐ Pack yogurt, a muffin and a container of juice. Grab it on the way out the door.
 - ☐ Fix a jelly sandwich (with or without fat-free cream cheese). Place it and 1/4 cup raisins in a Ziploc plastic bag ready to go.
 - ☐ Combine the ingredients for a breakfast drink (yogurt, milk, fruit) in the blender and put it in the fridge. In the morning, blend, pour and go.
 - ☐ Prepare a large bowl of fresh, canned, or frozen fruit salad as soon as you bring the ingredients home from the grocery store. Dish out a serving each morning to have with your cereal, toast or bagel.
- ☐ Try some of the ideas listed on Resource Spring 3-1 *Quick Breakfast Ideas*.

Appealing Choices:

- ☐ Adopt a non-traditional breakfast approach: a sandwich, soup, beans or even low-fat pizza for breakfast. Look at *Quick Breakfast Ideas* for more non-traditional ideas.
- ☐ Slim down the traditional combinations using low-fat Canadian or turkey bacon, egg substitutes and low-fat margarine. Enjoy this 2 or 3 times a week, and budget your fat grams at other meals to make room.
- ☐ Use low-fat biscuit mixes and non-stick pan spray to make pancakes and waffles. Top with warm applesauce.
- ☐ Make delicious low-fat French toast using evaporated skim milk and an egg substitute. Serve with fresh or frozen fruit.
- ☐ Redefine breakfast. Treat yourself to special foods--freshly ground coffee, real oatmeal, or an exotic fruit.
- ☐ Try these recipes (found at the end of the session) for entertaining:
 - Ham, Apple and Cheese Lasagna
 - Apple Cinnamon French Toast
 - Slimlined Ham and Cheese Strata
 - Sunrise Coffee Cake
 - Wholesome Apple Bran Muffins

Worksheet Spring 3-2 (continuation)

- ☐ Select from these restaurant options:
 - Pancakes and waffles with butter on the side
 - Oatmeal with fresh fruit, raisins and brown sugar
 - Toast, bagels or English muffins
 - Fruit in season
 - Egg substitutes, scrambled or in omelets
 - Low-fat muffins (granted, these can be hard to find)
 - Cold cereal with fruit and low-fat milk
 - Ham or Canadian bacon instead of bacon or sausage
- ☐ Ask if you can order from the lunch menu. You may find items that are appealing for breakfast or brunch such as:
 - Sandwiches (turkey, chicken, lean roast beef, ham or vegetarian fillings)
 - Baked potatoes with vegetables and low-fat cottage cheese
 - Fruit plates with low-fat yogurt, cottage cheese, sorbet or sherbet

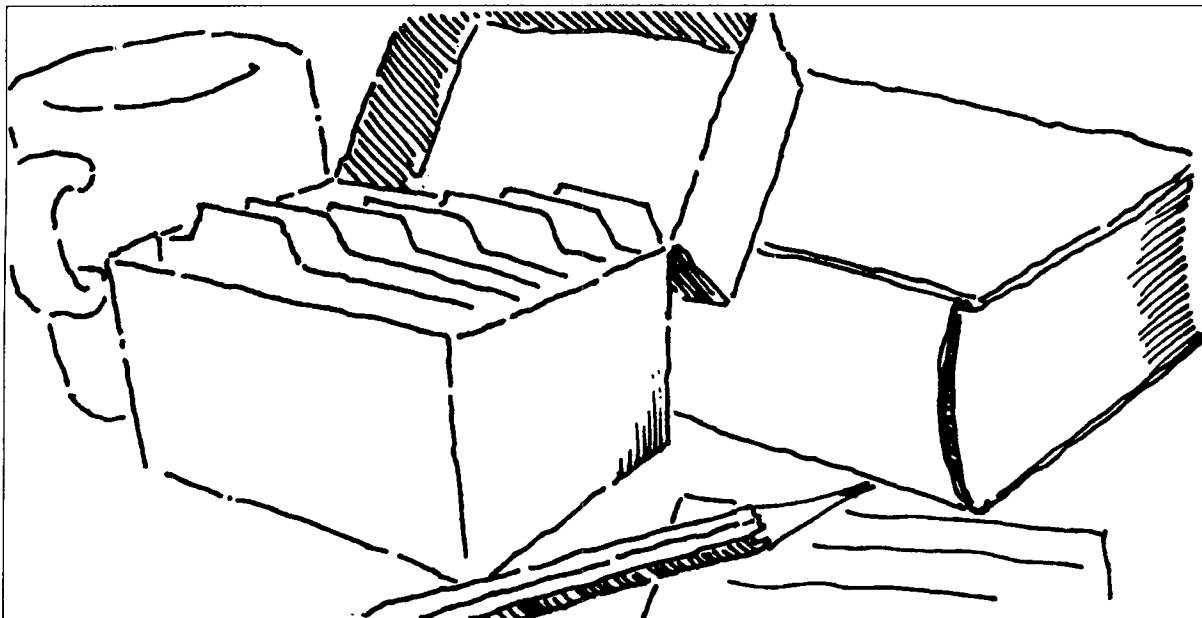
Important for Health?:

- ☐ Try a two-week experiment: eat a moderate, low-fat breakfast in one of the patterns described above. Monitor your late morning mood and/or level of fatigue. What differences do you notice?

Spring-3 Session

Recipes

- ◆ *Ham, Apple, Cheese Lasagna*
- ◆ *Slimlined Ham and Cheese Strata*
- ◆ *Apple Cinnamon French Toast*
- ◆ *Wholesome Apple-Bran Muffins*
- ◆ *Sunrise Coffee Cake*



Ham, Apple, Cheese Lasagna

12 slices French toast, made with 3/4 cup egg substitute and 1-1/2 cups skim milk, cut in 1-inch cubes after cooked
1 cup ham, boneless, extra lean, diced
2 cups light cheddar cheese, shredded
1 can (20 ounces) apple pie filling
1 cup low-fat granola
1/2 cup raisins

Topping:

1 cup fat-free sour cream
1/3 cup brown sugar

Blend fat-free sour cream and brown sugar together and refrigerate. Spray a 9 x 13-inch pan with nonstick cooking spray. Prepare French toast by soaking in egg substitute and skim milk and cooking with nonstick cooking spray. Cool and then cut into 1-inch squares. Make the following layers:

Layer 1: Half of the cubed French toast

Layer 2: Ham

Layer 3: Cheese

Layer 4: Remaining half of cubed French toast

Layer 5: Pie filling and raisins

Layer 6: Granola

Bake 30 minutes at 350°F. Serve with sour cream/brown sugar mixture.

Makes 16 servings

Fat: 4 grams per serving

Fruit/Vegetable Servings: 1/4 per serving

Grain Servings: 1 per serving

Recipe from: Minnesota WHI Clinical Center

Slimlined Ham and Cheese Strata

12 slices bread, crusts removed, cubed
1 frozen package (10 ounces) broccoli, chopped, thawed and drained
1 cup 97% fat-free cooked ham (optional)
4 ounces (1 cup) part skim mozzarella cheese (shredded)
1-1/2 cups egg substitute
3-1/2 cups skim milk
1/2 cup onion, minced
1 teaspoon dry mustard
1/8 teaspoon pepper
4 ounces (1 cup) reduced-fat cheddar cheese, shredded
nonstick vegetable cooking spray

Spray a 13 x 9-inch glass baking dish with nonstick cooking spray. Lay bread, broccoli, ham, and mozzarella cheese in a baking dish. Combine egg substitute, milk, onion, mustard and pepper until blended. Pour over layers. Refrigerate, covered several hours or overnight. Heat oven to 325°F. Bake uncovered 35 minutes. Top with cheddar cheese; bake until knife inserted in the center comes out clean (about 25-30 minutes longer). Let stand, covered 10 minutes. Cut into squares.

Makes 10 servings

Fat: 6 grams per serving

Fruit/Vegetable Servings: 1/2 per serving

Grain Servings: 1 per serving

Recipe from: Byerly's Cookbook

Apple Cinnamon French Toast

16 slices French bread, cut in 1-1/2-inch thickness
2 cups egg substitute
3-1/2 cups skim milk
3/4 cup white sugar
1 tablespoon vanilla
3 teaspoons cinnamon
1/8 teaspoon nutmeg
6-8 medium apples, peeled and sliced thin
nonstick vegetable cooking spray

Spray 9 x 13-inch cake pan with nonstick cooking spray. Place bread tightly together. Mix egg substitute, milk, vanilla and half of the sugar together. Pour half of this mixture over the bread. Cover with the sliced apples. Mix cinnamon and other half of the sugar together and sprinkle over the apples. Cover and refrigerate overnight. Bake 1 hour at 350°F uncovered. Serve with maple syrup, if desired. Leftovers warm up well in the microwave.

Makes 8 servings

Fat: 2 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 2 per serving

Recipe from: Minnesota WHI Clinical Center

To: VCC Lead Nutritionists@WHI
From: Sona Mulye
Subject: Spring Yr. 3 recipe correction
Date: 4/8/97 Time: 11:41AM

Please make a note of the following correction to the Participant Spring Year 3 maintenance session:

Recipe: Wholesome Apple-Bran Muffins

The ingredient list should include "1 teaspoon cinnamon." Directions for this recipe are all correct.

This correction will be made in future printings of the session material. Sorry for the inconvenience.

Sona Mulye
206-667-2943 (phone)
206-667-4142 (fax)

Wholesome Apple-Bran Muffins

1 cup whole wheat flour
1-1/2 cups all-purpose flour
2 cups wheat-bran cereal morsels
1/2 teaspoons salt
1-1/4 teaspoons baking soda
1/2 teaspoon nutmeg *1 tsp. cinnamon*
2 tablespoons honey
2 cups skim buttermilk
1 egg, large
1/2 cup molasses
2 tablespoons vegetable oil
1 cup apple, peeled and finely chopped
1/2 cup raisins
nonstick vegetable cooking spray

Spray muffin tins (or use 24 paper cupcake holders). Stir together flours, bran cereal, salt, soda, cinnamon and nutmeg in a mixing bowl. In a large bowl, whisk together the honey, buttermilk, egg, molasses and vegetable oil. Add the dry ingredients and stir until blended well. Then stir in apples and raisins. Spoon batter into tins and bake in a preheated oven (350°F) for 25 minutes. Let cool for a few minutes, then remove from muffin tins and cool on racks. Store in covered container to keep moist.

Makes 24 muffins

Fat: 2 grams per muffin

Fruit/Vegetable Servings: 1/4 per muffin

Grain Servings: 1 per muffin

Recipe from: Adapted from Seattle WHT recipe

Sunrise Coffee Cake

Cake:

1/4 cup margarine
rind of 1 small lemon, grated
2 teaspoons lemon juice,
freshly squeezed
1/4 teaspoon salt
2 cups chopped fruit *
nonstick vegetable cooking spray

2 egg whites
3/4 cup brown sugar
2-1/4 cups all-purpose flour
2 teaspoons baking soda
1 cup plain low-fat yogurt
(2% fat)

Topping:

1 tablespoon margarine
1/4 cup white flour
1 teaspoon cinnamon

1 tablespoon wheat germ
1/4 cup brown sugar
1/2 teaspoon allspice

* Fruit to use: apples, peaches, blueberries, rhubarb, etc. Canned fruit can be used if it is drained well.

Preheat oven to 350°F.
Cream together the margarine, egg whites, lemon rind, lemon juice and brown sugar until smooth. Sift together the dry ingredients and add alternately with the yogurt to the egg white mixture. Fold in fruit and spread pour into a tube pan which has been sprayed with nonstick spray. Combine topping mixture and sprinkle over top of cake batter. Bake for 35 minutes or until

wooden pick inserted in center of cake comes out clean. Serve topped with yogurt, if desired.

Makes 16 servings

Fat: 4 grams per serving

Fruit/Vegetable Servings: 1/4 per serving

Grain Servings: 1 per serving

Recipe from: Family Heart Study

Quick Breakfast Ideas

- ◆ **Two Beverage Breakfast:** Pour into glasses and drink.

1 cup skim milk
3/4 cup orange juice

Fat: 0 grams
F/V Servings: 1

- ◆ **English Muffin:** Cut English muffin in half, place 1/2 slice part-skim Swiss cheese on each muffin and bake in broiler or microwave oven.

1 whole English muffin
1 slice fat-free Swiss cheese

Fat: 1 gram
Grain Servings: 1

- ◆ **Raisin/Cottage Cheese Toast:** Toast bread, spread with cottage cheese and sprinkle with raisins and cinnamon.

1 slice raisin toast
1/4 cup fat-free cottage cheese
1 Tb raisins
dash of cinnamon

Fat: 1 gram
F/V Servings: 1/4
Grain Servings: 1

- ◆ **Turkey Bagel:** Slice bagel and add turkey and lettuce.

1 bagel, 3" diam.
2 ounces sliced turkey breast
1 Tb Dijon mustard or fat-free mayonnaise, (optional)
1 leaf of lettuce

Fat: 3 grams
Grain Servings: 2

- ◆ **Healthy Banana Shake:** Mix all ingredients in a blender until creamy.

1 whole ripe banana
1/4 cup non-fat dry milk powder
1/2 cup orange juice
1 tsp vanilla
dash of nutmeg
5 ice cubes

Fat: 1 gram
F/V Servings: 2-3/4

- ◆ **Strawberry Yogurt Frappe:** Mix all ingredients in a blender until smooth.

7 frozen strawberries
1 cup non-fat strawberry yogurt
1/4 cup skim milk (liquid)
dash of vanilla extract

Fat: 0 grams
F/V Servings: 1

- ◆ **Quick Bean Burrito:** Spread beans over tortilla. Sprinkle with other ingredients and heat in microwave until warm (about 40 seconds). Roll tortilla and mixture into a burrito.

1/2 cup vegetarian beans
1 Tb salsa
1 tsp chopped cilantro, optional
1 flour tortilla, 8" diam.

Fat: 4 grams
Grain Servings: 2-1/2