



# The Porcelain Post

*Extension Family and Consumer Sciences strengthens individuals, families and communities through education*

Research Based Information from the comfort of your throne!

EXCLUSIVE NEWS for **September**

## BREAK THE FAST



### Breakfast Bites

#### Quick

Cottage Cheese and Fruit  
Bran Muffin and Banana  
Graham Crackers and Peanut Butter  
String Cheese and Crackers  
Cereal and Milk

#### Non-Traditional

Peanut Butter Sandwich  
Tomato Soup and Crackers  
Bean Burrito  
Leftovers  
Tuna Salad on Crackers

#### Take Out

Granola Bar  
Trail Mix  
Peanut Butter Crackers Pack  
Fruit Smoothie in a Travel Cup

#### Hot

Omelet with Veggies  
Oatmeal with Dried Fruit  
Pancakes with Fruit  
Breakfast Burrito  
Crustless Quiche

### Breakfast Benefits

It's the most important meal of the day. Yes, breakfast. We think about what we will have for dinner or where we are going for lunch but what about breakfast? Your body hasn't had any nourishment for about 12 hours and it's ready to get going. Breakfast replenishes your supply of energy and essential nutrients to keep your energy level up throughout the day.

#### Breakfast:

- Jumpstarts your metabolism to start burning calories
- Sets you up to eat less calories by reducing your appetite for the rest of the day
- Keeps your brain focused all morning
- Stabilizes your blood sugar to reduce risk for diabetes
- Decreases irritability and improves disposition
- Helps children learn better

A good plan for breakfast combines complex carbohydrates, like whole grains and fruit, with a protein, like eggs or meat or cheese. The carbohydrates give a burst of energy while the protein gives a steady release of energy throughout the morning. Add a low-fat dairy choice for added calcium and vitamin D for a complete breakfast.

Source: Tennessee Shapes Up – Eat Breakfast, SP426-J

**Contact your  
local Extension  
Office today!**

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