

In the News

Lighter breakfast can get the day rolling

By Carolyn O'Neil

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We're told breakfast is the healthy way to start the day, but when "Let's go out for breakfast!" turns into an overstuffed omelet, hash browns, bacon, sausage and biscuits slathered in butter, you've moved into the budget-busting calorie category.

A three-egg ham and cheese omelet can rack up 500 calories or more on its own. Hash browns can add another 250 calories; sausage links, 100 calories. Then there's the big biscuit with butter at 450 calories. So without even adding the cream in your coffee, say good morning to 1,300 calories – more than half of the day's caloric needs for most adults.

Eating in the a.m. recharges your batteries, giving fuel to your brain and your muscles, making it less likely you'll succumb to a midmorning attack of the munchies or a huge lunch because you're ravenous by noon.

Don't just skip breakfast. Here are some tips:

- Watch out for sugar-laden breakfast bars or low-fiber breakfast cereals that try to lead you astray with healthy, wholesome-sounding names. Cereal should have at least 3 grams of fiber per serving; no more than 3 teaspoons of sugar per serving (4 grams); and be fortified with vitamins and minerals if you're not taking a multivitamin.
- Look at the nutritional information. It might surprise you. For instance, a McDonald's Egg McMuffin (300 calories and 12 grams of fat) and orange juice are better for you and more filling than a Starbucks grande cafe mocha with whipped cream (400 calories, 22 grams of fat).
- Use 1 cup egg substitute (25 calories, 0 grams fat, 0 milligrams cholesterol) or two egg whites (32 calories, 0 grams fat and 0 milligrams cholesterol) instead of one whole egg (75 calories, 5 grams fat, 270 milligrams cholesterol).
- Order Canadian bacon or ham (higher in protein and lower in fat) instead of a side of sausage patties, sausage links or bacon.
- When eating cereal, pick whole-wheat flakes (100 calories a cup) instead of granola (up to 500 calories a cup).