



# NEWSLETTER

A partnership between the  
**Heart Institute & Diabetes Education**  
at Marquette General Hospital

VOLUME 1 ISSUE 1 OCTOBER 2007

PUBLISHED IRREGULARLY BY:

MARQUETTE GENERAL HOSPITAL • 580 W. COLLEGE • MARQUETTE, MI 49855-2711



## Breakfast ~ Not Just For Kids

by Deb Sergey, R.D.

Have you heard that breakfast is the most important meal of the day? There is a lot of truth to that according to a new study from Harvard University. The study suggests that people who eat breakfast daily may be less likely to be obese, have diabetes, and cardiovascular disease. We also know that breakfast can make weight loss easier. Why? Eating breakfast on a regular basis helps to control your appetite throughout the day, which means you are less likely to over eat later. A good breakfast can also help to regulate your blood sugar.

What you choose to eat for breakfast is just as important as making sure you eat. Include high fiber foods like bran cereal, whole grain toast, or fresh fruit. Balance it out with lean protein like egg whites, and add a healthy fat like peanut butter. When looking for a good whole grain cereal or bread, the first item in the ingredient list should be a whole grain of bran and the food should have at least 3 grams of fiber per serving.

### QUARTERLY MEETING CANCELLATION

It is with regret that the annual holiday celebration scheduled for Tuesday, November 27, 2007 will be cancelled. A November/December Newsletter will still be sent.

If you are currently in the habit of not eating breakfast, start with a piece of fruit or 1 slice of whole grain toast. Add more foods for balance as you get used to eating in the morning. Breakfast is not just for kids, so save some time in the morning and eat for your health! The recipe on the reverse side makes a great, high fiber, grab and go breakfast.

### *Healthy Breakfast Tips!*

- © Incorporate whole grain carbohydrates, such as whole wheat toast, bagels and english muffins. Spread peanut butter and raisins or sliced banana on top of either for added flavor.
- © Bake bran muffins early in the week, then grab one or two each morning. Or check out a local bakery for healthy varieties—watch out for “monster-size” muffins which often resemble cake in their nutrition profile.
- © Have you ever tried a tortilla for breakfast? Wrap up cold turkey and cheese, grab an apple and you’re on your way. Try our Breakfast Burrito recipe if you have a little time to cook in the morning. Yum !!!
- © Don’t forget cold cereal. We’re not talking about those covered with sugar, but the healthy variety. Look for bran and whole grain types. Check the label for fiber content. Whole grain cereal bars are another quick fix.
- © Do you love eggs, but have high cholesterol or worry about their saturated fat? Try using 2 egg whites and 1 yolk when making scrambled eggs or an omelet. Egg substitutes work well too.

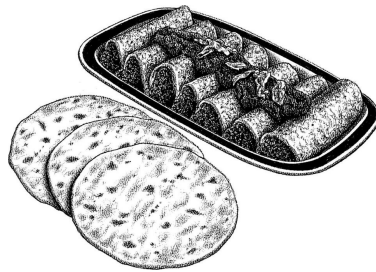
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# **BREAKFAST BURRITO**

- 1 tsp. olive oil
- 1 tomato, diced
- pinch cayenne pepper
- ½ cup egg substitute or 2 eggs
- 4 whole-wheat tortillas
- 1 cup salsa



- ½ cup chopped onion
- 1 can (4 oz.) diced green chillies, drained
- 2 medium red potatoes, cooked, diced
- 2 tblsp chopped fresh cilantro
- ¼ cup low fat cheese, shredded

Heat oil in medium skillet. Add onion and saute' until tender. Add remaining ingredients except cheese, salsa and tortillas. Top with cheese and salsa. Roll or fold and enjoy!

## **Nutrition Facts**

Serving Size 1 burrito  
 Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 270	Calories from Fat 50
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 6g	
<b>Protein</b> 12g	

<b>Vitamin A</b> 15%	• <b>Vitamin C</b> 60%		
<b>Calcium</b> 10%	• <b>Iron</b> 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4