America Saves is a campaign designed to encourage people to save and invest. Learn about tools and resources that will make the most of your financial resources. The America Saves Campaign begins in January and runs through America Saves Week, February 27-March 4, 2017. To participate, check the UAEX Boone County Facebook page for posts. Make the pledge at http://www.uaex.edu/health-living/personal-finance/america-saves.aspx. Participate in the online financial fair at http://www.uaex.edu/health-living/personal-finance/financial-fair.aspx.

RETHINK YOUR BREAKFAST – ADD MORE PROTEIN

Make Lean Protein Part of Your Breakfast

Adding a little lean protein to your breakfast may be just the boost you need to help keep you feeling full until lunchtime. A recent study found that when adults ate eggs for breakfast, they stayed fuller throughout the day. Another study demonstrates that eating a protein-rich breakfast reduces hunger and decreases calorie intake at lunch. In addition, a study comparing a protein-based breakfast to a carbohydrate-based breakfast found that overweight women who ate protein for breakfast five times a week for eight weeks lost 65 percent more weight and reduced their waist circumference by 83 percent more than those eating a carbohydrate-based breakfast.

The Benefits of Eating Protein at Breakfast

In many cultures, the foundation for breakfast is carbohydrates (e.g., cereals). Proteins are typically eaten at lunch or dinner. Incorporating protein into breakfast could result in increased satiety and reduced energy intake throughout the day. One study has shown that children consuming a high protein diet (23 to 28 percent energy from protein) for 6 months had reduced waist circumference, blood pressure and serum insulin compared to children consuming a low protein diet (10 to 15 percent energy from protein). Another study showed that females (9 - 14 years) and males (10 - 15 years) who consumed animal protein had more muscle mass and less fat mass than those who did not eat protein. In the same study, plant protein was not associated with body composition. These studies demonstrate that there is a clear benefit of protein consumption on body composition, but it is not clear if increased protein intake at breakfast (versus other times of day) has the same effect.
In a recent study at the University of Arkansas, children (ages 8-2 years) were fed both a protein based breakfast (22 percent of calories from protein) and a carbohydrate based breakfast (4 percent protein) with a one week washout period in between. Data from this study showed that providing school aged children increased protein at breakfast decreases hunger and increases fullness four hours after breakfast compared to a carbohydrate based breakfast low in protein. In addition, children consuming the higher protein breakfast burned significantly more energy over the four hour testing period compared to when they consumed the low protein breakfast. While these data suggest the potential for increased protein at breakfast to have antiobesity benefits in school aged children, more research over the longer term is needed.

**Easy Ways to Add More Protein to Breakfast**

It is easy to incorporate more protein into children’s breakfasts. Here are a couple of ideas for including more high-quality protein in breakfast:

- **Eggs:** Make a breakfast burrito or a breakfast sandwich with scrambled eggs for a portable breakfast. Eggs can also be served with toast or prepared in an omelet with low fat cheese and vegetables.

- **Dairy:** Adding Greek yogurt to fruit smoothies is a way to add 10-15 grams of protein to a child’s breakfast. Eating low fat regular or Greek yogurt by itself or mixed with cereal and fruit is another way to add protein to breakfast. Breakfast meats: Add lean breakfast meats such as turkey bacon, turkey sausage or Canadian bacon to breakfast.

**Note:** Don’t forget about total energy intake – aim for around 300-350 calories. When adding protein to breakfast, reduce simple carbohydrate foods with low nutrient density such as waffles, syrup, juices and white bread. Consider increasing the amount of whole grains instead. Adding foods such as whole grain breads or whole-wheat tortillas may increase satiety.

**Breakfast Ideas**

A healthy breakfast meal should contain a variety of foods from at least three of the MyPlate food groups, including fruits, vegetables, whole grains, low fat or nonfat dairy and lean protein. If you aren’t very hungry, include a couple of food groups and add another for a midmorning snack. Some quick and healthy choices include:

- A whole-wheat English muffin with low fat cheese, a scrambled egg and slice of tomato or lean ham (four food groups).
- Smoothie made with fruit and low fat yogurt (two food groups).
- Salmon on half of a wholegrain bagel with light cream cheese (two food groups).
- Wholegrain cereal with fresh fruit and low fat milk (three food groups).
- Oatmeal made with skim milk, raisins and nuts, with 4 ounces of orange juice (four food groups).
- Low fat Greek yogurt with granola, a piece of fresh fruit, and nuts (four food groups).
- Yogurt smoothie and breakfast bar (three food groups).
- Hard boiled egg, a banana and fat-free milk (three food groups).
- A wholegrain tortilla, a scrambled egg, low fat cheese and salsa (four food groups).
- Whole wheat tortilla, peanut butter and apple slices wrap (three food groups).
- A veggie omelet and a piece of whole-wheat toast (three food groups).

**Peanut Butter Fruit Dip**

**Ingredients**

- ½ cup plain Greek yogurt
- ½ teaspoon of vanilla
- 1/3 cup peanut butter

**Directions:**

1. Combine yogurt, vanilla and peanut butter in a bowl.
2. Mix well.
3. Chill dip in the refrigerator until ready to serve.
Mixed-Up Eggs and Spinach

Ingredients
4 large eggs
1 – 1 ½ cups clean spinach, finely chopped
2 scallions, greens and whites chopped
½ teaspoon salt
1 tablespoon olive oil

Instructions
1. Beat eggs in a bowl, add spinach, scallions, and salt and mix well.
2. Heat skillet to medium heat and add the olive oil.
3. Cook egg mixture for 1 -2 minutes. Flip portions of the eggs so that you do not fully scramble the eggs but rather gently toss them.
4. When fully cooked, divide the eggs between two plates and serve right away.

Add a small portion of cheese and nuts for extra protein

Extension GetFit

Extension Get Fit is a community-based strength training program with several locations in Boone County.

Why Extension Get Fit?
- Safe, structured, and affordable
- Appropriate for all fitness levels
- Supportive group environment
- Research-based
- It’s fun!

Choose the class that works best for you and join us!
Classes began accepting new participants January 23rd.

Current Program Locations:

Only $12 per year. For more information contact:
Boone County Cooperative Extension Service Office at 870-741-6168
### Boone County

<table>
<thead>
<tr>
<th>Location</th>
<th>Days &amp; Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boone County Senior Center</td>
<td>Mondays, Wednesdays &amp; Fridays at 9:00 a.m.</td>
</tr>
<tr>
<td>St. John’s Episcopal Church Class 1</td>
<td>Mondays and Wednesdays at 8:30 a.m.</td>
</tr>
<tr>
<td>St. John’s Episcopal Church Class 2</td>
<td>Tuesdays and Thursdays at 7:30 a.m.</td>
</tr>
<tr>
<td>*NEW Gaither Baptist Church</td>
<td>Tuesdays and Thursdays at 9:00am</td>
</tr>
<tr>
<td>Bergman Oregon Flat Baptist Church</td>
<td>Tuesdays and Thursdays at 8:30a.m.</td>
</tr>
<tr>
<td>Omaha Community Building</td>
<td>Tuesdays and Thursdays at 10:00 a.m.</td>
</tr>
<tr>
<td>Valley Springs City Hall (will start in March)</td>
<td>Mondays, Wednesdays, &amp; Fridays at 8:15 a.m.</td>
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</tbody>
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**Peanut Butter Banana Shake**

**Ingredients**
- 1 cup milk (fat free or 1%)
- 1/2 cup banana (frozen, slices)
- 1 tablespoon peanut butter
- 1/4 teaspoon cinnamon (ground)
- 1/2 teaspoon vanilla extract

Replace milk with Greek yogurt and add nuts and seeds for additional protein boost.

Cocoa powder (as needed, sweet, optional)

**Directions**
1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.
Sincerely,

Trudy G. McManus  
County Extension Agent – Family and Consumer Science