



**Spring  
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# Eat Well!

A Newsletter for Healthy Eating

## Good Morning Breakfast!

By Kate Yerxa, Extension Educator



**H**ow many times have you heard that “breakfast is the most important meal of the day”?

Then why do so many people skip breakfast?

Both children and adults miss breakfast because they are running late in the morning. Others skip breakfast to lose weight or stay at the same weight. It turns out that just the opposite happens. The benefits of eating breakfast include:

- Refueling your body after going all night without food.
- Performing better at school or at work.
- Helping you achieve or maintain a healthy weight.

- Meeting your vitamin, mineral and calorie needs.
- Meeting your daily fiber needs.

Breakfast can be a time to be creative; so don't just limit yourself to cereal and toast. Try adding fruits and vegetables. Also try to include foods from two or more food groups to add variety to your morning meal.

Eating regular meals everyday, especially breakfast, is a good habit. If you are having a hard time fitting in breakfast, see the ideas in the *Ask Eat Well* section for tips to make breakfast fit into your busy routine.

**Looking for ways to save money on food?** The *Eat Well!* newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the *Eat Well* newsletter to find great tips to save money on food. **SAVE MONEY.**

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## Food Bites

### Lighten the Muffin Top by Kate Yerxa, Extension Educator

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Muffins are a “go-to” breakfast food for many people. Unfortunately, muffins from a coffee shop or the grocery store are oversized and are high in calories, fat and sugar. You can make your own muffins at home and control the ingredients. Below are instructions on making your muffin healthy.

<b>Reduce Sugar</b>	Sugar makes baked goods tender and moist and gives muffins a golden brown flavor. You can reduce the sugar by $\frac{1}{3}$ in a recipe. To ensure that muffins are tasty, use at least 1 tablespoon of sugar per 1 cup of flour. You can also add extra vanilla, cinnamon or nutmeg to get a sweeter flavor. For example, if your recipe calls for 1 cup of sugar, reduce to $\frac{2}{3}$ cup.
<b>Reduce Fat</b>	<p>In baking, fat adds moisture, flavor, and a tender texture to cookies, cakes, quick breads, and muffins. Using fruit puree, such as banana, prune, or apple, helps to give some fat-like flavor and texture to homemade baked goods.</p> <p>Try substituting half of the fat with applesauce, up to <math>\frac{1}{2}</math> cup. If the recipe calls for 1 cup of oil or butter, use <math>\frac{1}{2}</math> cup applesauce and <math>\frac{1}{2}</math> cup butter or oil.</p>
<b>Reduce Salt</b>	As long as your recipe is not a recipe that uses yeast, you can eliminate salt completely from the recipe.
<b>Add Fiber</b>	<p>Substitute whole wheat flour for <math>\frac{1}{4}</math> to <math>\frac{1}{2}</math> of the all-purpose flour in the recipe. Oat bran, or 100% bran cereal (ground to flour in a blender) can replace up to <math>\frac{1}{4}</math> of the all-purpose flour.</p> <p>Also, try adding fruit such as diced apples and raisins, or vegetables such as shredded carrots to your muffins for added flavor and fiber.</p>



Blueberry



Oat Bran



Raspberry



Apple Spice



## Kid's Korner

### Satisfy Your Thirst for Less

Packing your lunch saves you money, but how much more money can you save by choosing the right drink? Check out the table below to see how much money you save by choosing a healthy, environmentally friendly drink!



Beverage	Cost per Cup	Cost for 1 Cup per Day During the School Year	Environmental Waste
Juice Box	\$ .47	\$82.69	175 Juice Boxes
Sports Drink	\$ .25	\$43.31	175 Plastic Bottles
Bottled Water	\$ .15	\$26.69	175 Plastic Bottles
Milk - School Lunch	\$ .50	\$87.50	175 Cartons or Plastic Bottles
Milk (non-fat) in Thermos	\$ .20	\$35.00	11 Gallon Bottles
Tap Water in Reusable Container	Free	Free	None!



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## Ask Extension!

**Nancy Beaulieu** Community Education Assistant, York County

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Nancy has worked for the University of Maine Cooperative Extension Eat Well Nutrition Education Program for 19 years and still feels the same excitement about her work today as she did when she first began. Helping and empowering people to strive for a healthier lifestyle is very gratifying for Nancy and beneficial for the people she serves.

In her spare time, Nancy enjoys spending time with her husband, and friends, exercising, Zumba classes and looking for great sales!



### Q. Breakfast time is very rushed, how can we make the process easier in our house?

**A.** Since breakfast can be a crazy time in the morning, think about setting the table and preparing the food the night before with the kids. Let them make their own fruit parfaits and put them in the freezer for the morning. They can take them out and then add a topping when it is time to eat.

Also, think about cooking a larger quantity of French toast or pancakes on the weekend and then freeze them in freezer bags by serving sizes. Take them out of the freezer in the morning and warm them in the microwave.



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## Food Safety Corner

### Breaking News: Eggs and Food Safety by Kathy Savoie, Extension Educator

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Eggs can be a great way to start the day! You can serve them scrambled, poached, over-hard, hard-boiled, or as an omelet. Having eggs for breakfast now and then is an easy, low-cost, high-protein way to fuel up for the day. Handle fresh eggs carefully to avoid the risk of food-borne illness.

#### Buying Eggs

- Make sure that they are refrigerated.
- Open the carton and check that the eggs are clean and that the shells are not cracked.
- Refrigerate eggs right away.
- Store eggs in the original carton.
- Use by the date on the carton.

#### Cooking with Eggs

- Use hot, soapy water to wash your hands, utensils, equipment and work surfaces. Wash them before and after they come in contact with eggs and foods that contain eggs.
- Cook eggs until both the yolk and white are firm. Scrambled eggs should never be runny.
- Do not use recipes with raw or undercooked eggs. These recipes may include some frostings, Caesar salad dressing, pudding or

pie filling, mayonnaise, ice cream, shakes, eggnog, French toast, and sauces such as hollandaise. Consuming raw or undercooked eggs increases your risk for food-borne illness.

- Cook casseroles and other recipes containing eggs to 160°F. Use a food thermometer to check the temperature.

#### Serving Eggs

- Serve eggs right after cooking.
- If you plan to serve quiches or other egg dishes later, refrigerate them right after cooking.
- Reheat refrigerated eggs and egg dishes to at least 165°F before serving.

#### Handling Leftover Eggs

- Do not let cooked eggs, including hard-boiled eggs, or foods with eggs, sit out for more than two hours.
- Use hard-cooked eggs within one week after cooking.
- Refrigerate leftover cooked egg dishes immediately. Use them within three to four days.





## Quick and Easy Eat Well Recipe Nut Butter and Banana Roll Ups



### Ingredients

- 1/4 cup creamy peanut butter (or other nut butter)
- 2 whole wheat flour tortilla (8 inch)
- 1/4 cup granola or unsweetened cereal
- 2 medium bananas

### Directions

1. Spread peanut butter evenly on each tortilla. Sprinkle with granola or cereal.
2. Place banana in center of each tortilla. Roll up burrito style. Cut in half to serve.

Makes 4 servings Serving Size: 1/4 recipe  
 Cost per recipe: \$1.06 Cost per serving: \$0.26

### Nutrition Facts

Serving Size 1/4 recipe (104g)  
 Servings Per Container 4

Amount Per Serving

**Calories 250** Calories from Fat 110

% Daily Value\*

**Total Fat 12g** 18%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 230mg** 10%

**Total Carbohydrate 30g** 10%

Dietary Fiber 5g 20%

Sugars 10g

**Protein 8g**

Vitamin A 0% • Vitamin C 8%

Calcium 2% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4