



**FOR IMMEDIATE RELEASE:**

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## **JANUARY IS NATIONAL RESOLVE TO EAT BREAKFAST MONTH**

### ***Get a healthy start to day with Take-Along Breakfast Special***

COLUMBUS – January is National “Resolve to Eat Breakfast” Month, and it’s the perfect time for individuals and families to start a smart habit that will benefit them for a lifetime.

“Thousands of Ohioans will make the resolution to eat healthier this year,” said Jim Chakeres, executive vice president of the Ohio Poultry Association (OPA). “And eating healthier begins with a wholesome and nutritious breakfast – the most important meal of the day.”

Breakfast is especially important for children and adolescents. It has been proven that children who eat breakfast perform better academically, are less likely to become overweight, are absent and tardy less often and have fewer discipline problems.

The high-quality protein in eggs helps individuals feel full longer and stay energized, which contributes to maintaining a healthy weight. In fact, research shows that eggs eaten at the start of the day can reduce daily calorie intake, prevent snacking between meals and keep diners satisfied on those busy days when mealtime is delayed. In addition, eggs contain choline, which is an essential and important nutrient needed for normal functioning of all cells, especially brain cells.

“Failure to make time for breakfast, no access to nutritious foods and lack of appetite first thing in the morning are some of the main reasons that individuals give for skipping breakfast,” said Chakeres. “OPA and the American Egg Board make this easier for consumers by providing a variety of egg dishes that are easy and quick to prepare, such as the Take-Along Breakfast Special.”

Preparing a healthy breakfast can be easy if individuals keep five key elements in mind:

- **Eat mindfully.** Sit to eat, even for five minutes, and try to focus on enjoying the meal. If individuals eat while rushing around, they won't really feel like they've had a meal.
- **Include lean protein.** A recent study in the Journal of the American College of Nutrition reported that those who ate eggs for breakfast consumed fewer calories at lunch and over the next 24 hours than those who had a refined bagel containing the same number of calories.
- **Fill up with fiber.** For guaranteed breakfast satisfaction, pair lean protein with a serving of fiber-rich carbohydrates. Go for whole-grain breads and cereals that provide at least four grams of fiber per serving.
- **Front-load your day with nutrients.** Breakfast offers an excellent opportunity to increase overall daily vitamin and mineral intake. A recent study in the Journal of the American Dietetic Association reported that people who ate breakfast had higher overall intakes of vitamin B6, folic acid, vitamin C, calcium, magnesium, iron, potassium and fiber than people who skipped their morning meal.
- **Savor individual's favorite tastes.** If individuals don't like what they're eating, then they won't stick to it. If consumers enjoy egg dishes but don't have time to prepare their favorite before work, try microwaving an egg while toasting two slices of whole wheat or rye (whole-grain) bread.

For more information on nutritional benefits or fun egg recipes, visit the OPA Web site at [www.ohiopoultry.org](http://www.ohiopoultry.org).

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*-Recipe follows on next page-*

## ***Take-Along Breakfast Special***

*Makes 2 servings*

### *Ingredients:*

*4 hard-cooked eggs\*, chopped*

*1/4 cup (1 oz.) shredded reduced-fat Cheddar cheese*

*2 1/2 tablespoons bacon and tomato flavored French dressing*

*2 to 4 toasted waffles, English muffin halves or bread slices*

*Thin tomato wedges, optional*

*Parsley sprigs, optional*

*In small bowl, stir together eggs, cheese and dressing until well blended. Cover and chill to blend flavors. Spread 1/2 of the mixture on each of 2 waffles. In oven or toaster oven, broil 6 inches from heat, until warm, about 3 minutes, if desired. Garnish with tomato wedges and parsley if desired. Top with additional waffles, if desired.*

*\*To hard-cook: place eggs in single layer in saucepan. Add enough tap water to come at least 1 inch above eggs. Cover. Quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand, covered, in the hot water, 15 minutes for Large eggs (about 18 minutes for Extra Large eggs and about 12 minutes for Medium). Immediately run cold water over eggs or place them in ice water until completely cooled.*

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