



Redefining Breakfast

Breakfast has long been hailed as the most important meal of the day, yet for many, the morning menu rarely strays from the typical cereal, toast, bacon or ham with eggs, and pancakes or waffles. But what if we could redefine what breakfast could be, and boost health in the process?

Many of our breakfast habits are deeply rooted in culture and tradition. In the US, for example, hearty plates and sweet pastries dominate the morning plate, whereas in southern India, for example, the day might begin with idlis, small steamed cakes made of rice and lentil flour and seasoned with fenugreek; in Japan, people enjoy a first meal of miso soup (see recipe below) and fish.

It's time to rethink typical breakfast foods, especially since the traditional Western breakfast palette is often packed with added sugars, saturated fats, and refined grains. Why limit ourselves when there are so many nutritious, budget-friendly, and delicious options?

Consider these New Rules of Breakfast:

- Aim for at least 5 grams of fiber per meal.
- Prioritize whole foods over processed.
- Include at least 2 fruits and/or vegetables.
- Limit added sugars to no more than 3 grams – to 0 if you can!

Busy mornings require quick solutions, but that doesn't mean you have to settle for a sugar-laden bar or pastry. Think outside the cereal box with portable and balanced options like:

- savory muffins packed with vegetables
- quinoa with almonds and dried fruit
- mini flatbreads with peanut butter, shaved carrots, and sliced banana
- a whole grain wrap with hummus and grilled vegetables
- sweet potato "toast" with avocado and tomato
- veggie burger stuffed in a pita pocket with sriracha and lettuce

But keep in mind, you don't need to make anything special. Embrace yesterday's leftovers for a satisfying ready-to-eat breakfast that saves time and reduces waste. Plus, they often contain a balanced mix of nutrients that can surpass many traditional breakfasts.

Let's make breakfast one of the best meals of the day!

Quick Miso Soup with Spinach and Tofu



This soup takes no more than 10 minutes from start to finish. It's warm, comforting, and packed with beneficial nutrients. Light yet satisfying, it helps you start the day right while moving away from traditional heavy breakfast foods.

Miso, a fermented soy food, has been shown to fight diabetes, inflammation, cancer, and high blood pressure. It is also a natural probiotic, the secret to supporting a healthy gut. Maybe that's why it's commonly eaten for breakfast (and other meals) throughout Japan.

Ingredients:

- 2 cups water
- 2 tablespoons miso paste (any kind, but white or yellow miso is milder and sweeter)
- 1/2 cup fresh spinach leaves
- 1/2 cup silken or soft tofu, cubed
- A few pieces of dried rehydrated seaweed (optional)
- 2 green onions, thinly sliced
- 3-4 dried mushrooms, rehydrated (optional)

Instructions:

Bring the water to a simmer in a small pot over medium heat. In a glass measuring cup or small bowl, dilute the miso paste with a little of the hot water to make a smooth paste. Add the mixture to the pot. Add the spinach, tofu, and mushrooms (if using). Allow to simmer gently for 1-2 minutes, just until the spinach is wilted and the tofu is heated through.

Add the green onions and seaweed (if using) to the pot. Stir gently to combine and remove from heat. Serve immediately, or pour into a thermos to enjoy as you go about your morning!