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Healthy indian breakfast recipes pdf

What's the secret to a better breakfast? By Maggie Elyn, MPH, RD WebMD Weight Loss Clinic - an expert column is best for your health (and your weight) to eat breakfast than to skip it. It is certainly best to have a healthy breakfast, rich in fiber and nutrients, than a meal full of refined grains, sugar, salt and/or saturated fats. But what if you're new to healthy breakfast ideas? One quick tip I use to maintain my breakfast balance is to strive for five. This means I try to include at least 5 grams of fiber and 5 grams of protein per breakfast. Many people make mistakes eating a breakfast consisting mostly of refined carbohydrates with very little fiber and protein - such as refined flour bread, sugary cakes, white flour, or low-fiber sugary breakfast cereals. Balancing carbohydrates (preferably whole grains, fruits and vegetables) with some protein and a little healthy fat will do a better job of preventing hunger until lunch and feeding the whole morning activities. To help you get there, here are some tips to make sure your breakfast is a balanced meal, as well as some quick and healthy breakfast recipe scingetts. A healthy breakfast contains at least 5 grams of low-fat or non-fatty protein dairy products that can add protein to your breakfast, as can egg whites or egg substitute (egg yolks do not contribute protein); Lean breakfast meats such as Canadian bacon, lean off pork, turkey bacon, or light turkey sausages. and soy milk and other soy products. Here's how much protein you get from some typical foods for breakfast: breakfast protein protein sources (g) calories fat (g) saturated fat (g) carbohydrates (g) skimmed milk, 1 cup 100 100 0 0 14 low fat yogurt, vanilla, 1 cup 9.3 253 4.6 2.6 42 low-fat home cheese, 1 cup 28 160 2 160 1 6 low-fat cheese, 1 oz 8 70 4 2.5 1 egg whites, 2 7 33 0 0 0 egg substitute, 1/4 cup 6 30 0 1 milk Soy, low fat, 1 cup 4 90 1.5 0 14 soy sausage, 2 oz 12 119 4.5 0.7 6 tofu, extra lite, 2 oz 5 43 1.4 0 2.2 Canadian bacon, 2 oz 12 8 9 3.9 1.2 1 extra lean pork, 2 oz 11 61 1.5 0.4 0.4 Turkey bacon, 2 strips 4 70 6 2 light turkey sausages, 2 oz 9 130 10 2.2 1 peanut butter, natural, 1 tablespoon 3.5 100 8 1 3.5 light cream cheese, 1 oz 3 53 4 2.7 1.8 locke (smoked salmon), 1 oz 5.2 33 1.2 0 healthy breakfast has at least 5 grams of fiber one way to reach those 5 grams of fiber is to include whole grains and/or fruit or vegetables with your breakfast. Breakfast is the perfect time to work in a service or two whole grains, which together with fiber also offers many vitamins that are health-enhancing minerals and phytochemicals. Get your cereal at breakfast by having one of these: hot oatmeal (or another whole grain hot grain). Cold grains whole grains. 100% whole wheat bread, small bread, English cakes, or tortilla pancakes and pancakes made from at least half of the whole wheat flour (you can also add Oat bran, or ground flaxseed to enhance additional nutrition). Additional). Cinnamon rolls made from whole wheat flour are at least half (you can also add oats, oat bran, or ground flaxseed). Weekend breakfast tip: Make an extra portion of full pancakes, pancakes or cakes over the weekend and freeze them in individual plastic bags for a quick breakfast. On weekday mornings, just pop them right from the fridge in the microwave or toaster/oven toaster. Here's how much fiber you get from some typical breakfast foods: Breakfast Protein Sources Fiber (g) Calories Carbs (g) Fat (g) Protein (g) Grains: Oatmeal, cooked, 3/4 cup 3 124 21 2.7 4 Whole-grain grain cereal, The government has also adopted a new code of action to increase the number of women in the country. 1/4 cup 2.3 83 14 1.5 3 Barley, med., cooked, 1/2 cup 5 220 55 0.7 5 Pearl barley, cooked, 1/2 cup 3 97 22 0.3 2 Buckwheat groats, cooked, 1/2 cup 2.3 77 17 0.5 2.8 quinoa cooked, 1/2 cup 2.6 11 11 20 1.8 fruit : Banana, 1 3.1 105 27 0.4 1.3 fresh berries, 1/2 cup 2 42 11 0.2 berries, fresh, 1/2 cup 4 32 7 0.4 0.7 dried fruit, mixed, 1/4 cup 2 120 28 0 1 watermelon, 2 cups (can 3 108 26 0.3 3 vegetables: mushrooms, cooked, 1/2 cup 2 22 4 0.4 2 onions, cooked, 1/2 cup 2 29 7 0.1 zucchini, cooked 1 cup 2.2 26 5 0.2 2 tomatoes, 1 med. 5 0 1 nuts and seeds: ground flaxseeds, 2 tbsps 3 80 4 6 3 pecans (or other chopped nuts), 1/4 cup 3 205 4 21 3 11 examples of balanced breakfast How do these healthy foods work at your breakfast when you are crushed outside the door on a weekday morning? Try the 11 quick and healthy breakfast ideas: 1. high-fiber granola bar (such as single fiber chewing bars), bananas and 8 ounces of low-fat or skim milk. This breakfast will give you 365 calories, 67 grams carbohydrates, 12 grams fiber, 13.5 grams protein, 7.5 grams fat, 3.6 grams saturated fat, 15 mg cholesterol, and 235 mg sodium. 2. 1 small whole whole wheat bread, 1 oz cut cheese fat or 1 tablespoon natural peanut butter, plus 1 cup of fresh fruit (such as strawberry slices). (384 calories, 65 grams carbohydrates, 12.3 grams fiber, 20 grams protein, 6 grams fat, 3 grams saturated fat, 15 mg cholesterol, 654 mg sodium). 3. Omelette made from 1/2 cup egg substitute, 1/2 cup of vegetables, 1 oz cheese fat reduction, served on 100% whole grain English cakes. (288 calories, 35 grams carbohydrates, 7 grams fiber, 28 grams protein, 6 grams fat, 2.5 grams saturated fat, 15 mg cholesterol, 724 mg sodium). 4. Multi-grain waffle topped with 1/2 cup fresh fruit and 1/4 cup plain yogurt with 1/8 teaspoon vanilla extract and a little ground cinnamon raised. (265 calories, 48 grams carbohydrates, 8 grams fiber, 11 grams protein, 5 grams fat, 1 gram saturated fat, 12 mg cholesterol, 386 mg sodium). 5. 2 french toast slices made with whole grain bread and 1 egg (use top 3 type if possible) blended with 1/4 cup fat-free Or low fat milk, 1/8 teaspoon vanilla, and a little cinnamon. (278 calories, 42 grams carbohydrates, 5 grams fiber, 14 grams protein, 6.5 grams fat, 1.5 grams saturated fat, 215 mg cholesterol, 480 mg sodium). 6. Breakfast burrito made from 1 whole wheat tortilla (weighing about 50 grams), 1/2 cup egg substitute whipped with 1/2 cup assorted cooked vegetables, and 1 oz of fat cheese. (304 calories, 32 grams carbohydrates, 6 grams fiber, 25 grams protein, 7 grams fat, 2.5 grams saturated fat, 15 mg cholesterol, 669 mg sodium). 7. Cooked oatmeal (1/2 cup less sugar instant oatmeal cooked with 3/4 cup peeled or low-fat milk), topped with 1/4 cup dried fruit or 1/2 cup fresh fruit and 1 tablespoon chopped nuts. (341 calories, 60 grams carbohydrates, 5 grams fiber, 13 grams protein, 7 grams fat, 0.5 grams saturated fat, 5 mg cholesterol, 365 mg sodium). 8. Breakfast sandwich made from 1 whole English cake, 1 1/2 oz light turkey breakfast sausage and 1 oz fat cut cheese. (300 calories, 28 grams carbohydrates, 5 grams fiber, 21 grams protein, 12 grams fat, 4 grams saturated fat, 83 mg cholesterol, 690 mg sodium). 9. Smoothie made from 6 oz low fat lite yogurt blended with 1 cup of frozen fruit and 1/2 cup soy or low-fat milk. (230 calories, 42 grams carbohydrates, 6.5 grams fiber, 9 grams protein, 4 grams fat, 1 gram saturated fat, 5 mg cholesterol, 130 mg sodium). 10. Parfait breakfast yogurt made from 6 oz low fat lite yogurt, 1/2 cup fresh chopped fruit and 1/2 cup low fat granola. (302 calories, 65 grams carbohydrates, 7 grams fiber, 10 grams protein, 4 grams fat, 2 grams saturated fat, 4 mg cholesterol, 170 mg sodium). 11. Whole grains (1 cup) with 1/2 cup of skim or low-fat milk and fresh fruit 1/2 cup (such as berries). (276 calories, 62 grams carbohydrates, 10 grams fiber, 11 grams protein, 2 grams fat, 0.2 grams saturated fat, 3 mg cholesterol, 424 mg sodium). Here are five healthy breakfast recipes that will help you get your morning off to a great start. Breakfast ingredients cookies: 2/3 cup light pie syrup 1/4 cup dark brown sugar, packed, packed, if you prefer them sweeter (optional) 3/4 cup smooth peanut butter natural style 2 tsp vanilla extract 1 large egg (use top omega 3 brand if available) 1 tablespoon substitute egg or white egg 3/4 cup whole wheat flour 6 tablespoons Unmilled white flour 1/2 teaspoon baking soda 1/4 teaspoon salt 3/4 cup rolled oats 3/4 cup dried fruit such as raisins, currants, or dried cranberries (optional) 2 1/2 cups of toasted oatmeal rings of top fiber (such as rolling joe organic high fiber O) prepare: preheated oven to 375 degrees. coat two non-stick baking sheets with nachola cooking spray or Bread. In a large mixing bowl, combine the pie syrup, brown sugar (if desired), peanut butter, vanilla extract, egg and egg substitute (or white) and whisk on medium until smooth. In a medium bowl, combine whole wheat flour, white flour, white, Soda, salt with whisk. Pour into a bowl with the peanut butter mixture, and beat on a low speed until mixed. Stir oats, dried fruit (if desired) and hand-roasted oatmeal with a spoon or spoon. Drop a little heap 1/4 cup of cookie dough into a cookie on prepared baking sheets (6-7 per baking sheet); flatten cookie hills to about 3/4 inches thick with a spoon. Bake for 10 minutes or until the cookies are lightly browned on the edges. Cool on a cookie sheet or wire rack. Store in sandwich bags at room temperature of up to 2 days or in the freezer for up to two months. Yield: Makes 12-14 jumbo breakfast cookies nutrition information per serving: 214 calories, 8 grams protein, 27 grams carbohydrates, 8.5 grams fat, 1.5 grams saturated fat, 18 mg cholesterol, 5 grams fiber, 196 mg sodium. Calories from fat: 35%. Summer strawberries cakes these delicious cakes fresh from the oven. If you're in the habit of using butter or margarine on your cakes, try some light cream cheese on these instead. Ingredients: 1 1/3 cups fresh strawberries sliced (or used frozen) 1/4 cup low fat milk 1 teaspoon vanilla extract 1/2 teaspoon strawberry or raspberry extract (optional) 1/2 teaspoon red food coloring (optional) 1/4 cup less fat with less saturated/unsaturated fat you can find (with about 8 grams of fat in a tablespoon) 1/2 cup Granulated sugar (add 1/4 cup more sugar or Splenda if you prefer it sweeter) 1 large egg, room temperature (use top omega-3 brand, if available) 1/4 cup substitute egg or 2 egg whites 1 cup whole wheat flour 1/2 cup unbleached white flour 1 teaspoon baking powder 1/4 teaspoon salt 1 tablespoon sugar powder for dust on optional tops (prepared) : Preheat the oven to 350 degrees. Line 12 cups tin cakes with cupcake liners; Put strawberries in a small food processor. Process even pure. Make sure you have 2/3 cup of puree. In a small bowl, combine 2/3 cup strawberry puree with low-fat milk, vanilla extract, strawberry extract and red food coloring (if desired); aside. In a bowl of electric mixer fitted with a paddle attachment, ghee cream and sugar at medium high speed even side-by-side and fluffy. Reduce the speed to medium low and add the eggs, substitute eggs or egg whites, beating only until blended. Scrape the side and bottom of the pot well in the middle of the road. With a mixer off, in a medium bowl, whisk together the flour, baking powder, and salt; Pour in the strawberry mixture and whisk on low just until blended, scraping the sides of the bowl with a spoon in the middle of the road. Add in the remaining flour mixture, whisk until the sides of the bowl are scraped. Add 1/4 cup of cake mixture to each ready cup of cake. Bake until the tops are dry only to a touch (about 22 minutes). Leave completely cool in the tin before dusting with powdered sugar, if desired. Yield: Makes 11 cakes (5.5 servings of 2 Each) Nutrition information per 2-serving cakes: 258 calories, 8 grams protein, 47 grams carbohydrates, 6 grams of fat, 1 gram saturated fat, 40 mg cholesterol, 4 grams fiber, 260 mg sodium. Calories from fat: 20%. Honey wheat butter milk biscuit ingredients: 2 cups whole wheat flour 2 cups unbleached white flour 1 teaspoon salt 4 tsp baking powder 2 tbsps honey 1/2 cup less fat margarine or whipped butter 1 1 1/2 cup + 2 tbsps preparation of low-fat butter: oven preheated to 400 degrees. Line the baking sheet with parchment paper (or coat with canola cooking spray). In a large mixing bowl, combine flour, salt and baking powder beating at low speed until blended. Add honey, ghee or butter; Add the milk and whisk on the drop until the dough is formed. Surface flat dust with a few tablespoons of unmilled white flour. Press the biscuit dough to about 8- or 9 square inches (about 1 inch thick). Cut the dough using 2 1/2 inch biscuits and place the biscuits on a prepared baking sheet. Re-scratch only once. Bake until golden (about 18 minutes). Yield: 10-11 biscuit nutrition information per biscuit (if 11 per recipe): 220 calories, 7 grams protein, 39 grams carbohydrates, 5 g fat, 1 gram saturated fat, 2 mg cholesterol. 3.3 grams of fiber, 447 mg sodium. Calories from fat: 20%. Frittata Microwave Vegetables (for two years) you can make this delicious breakfast dish for two years in about 10 minutes. If you like, garnish each serving with fresh chopped tomatoes or salsa and/or avocado wedges. Ingredients: 1 1/4 cups shredded frozen brown (type with 0 grams fat per serving) 2/3 cup chopped carrots or grated 1/4 cup chopped onions 1 tbsps chopped fresh parsley (or 1 1/2 teaspoon parsley flakes) 2 tsp olive oil or canola oil a pinch of salt and pepper (optional) 2 large eggs () Use top omega-3 brand if available) 1/2 cup substitute eggs 1/4 cup low fat milk or fat half and half and half 1/2 teaspoon dry mustard two chilli sauce dashes (such as Tabasco) 1/2 cup shredded fat cut cheddar cheese sharp preparation: in a safe microwave 1-quarter casserole dish, combining potatoes, carrots, onions, Parsley, oil. Cover and microwave over high for 3 minutes, stirring after 90 seconds. Add salt and pepper, if desired. In a mixing bowl, combine the eggs, substitute eggs, milk, mustard, and chili sauce by beating at medium speed for a minute or two. Pour the egg mixture into the casserole dish and stir with the potato mixture. Cover plate (linoleum leaf will work) and microwave on high for 2 minutes. Draw the cooked eggs towards the middle of the dish and the liquid eggs towards the edges and microwave over high for 2 more minutes. Sprinkle the cheese on top, and microwave until the cheese melts (about 30 seconds more). Let stand a few minutes before serving. Yield: Makes 2 servings nutrition information per serving: 280 calories, 20 grams protein, 21 g carbohydrates, 13 g fat, 4.3 g saturated fat, 6.2 g monounsaturated fats, 1.2 g unsaturated fat, 218 mg cholesterol, 2.2 g fiber, 296 mg Calories from fat: 42%. Mango Breakfast Parfait if you want to use plain instead of vanilla yogurt, just stir in 1/8 teaspoon vanilla extract. Ingredients: 1/2 cup frozen diced mango pieces 1/2 cup frozen peaches cubes 1/4 cup banana slices (optional) 6 oz low-fat light vanilla yogurt (3/4 cup) 1/4 cup soy milk 1/3 cup low fat granola

preparation: add mango, banana, yogurt and soy milk to a small food processor or blender and pulse until smooth (the mixture will be thick). Spoon in the glass or bowl served and top with granola. Eat with a spoon. Yield: Makes 1 serving nutrition information per serving: 297 calories, 12 grams protein, 60 grams carbohydrates, 3.5 grams of fat, 0.2 g saturated fat, 1.3 g monounsaturated fat, 1.6 g trans fat, 4 mg cholesterol, 7 grams of fiber, 174 mg sodium. Calories from fat: 10%. Recipes provided by Maggie Elyn; © 2008 Alyn Maggie Alyn Maggie, MPH, RD, is a prescription doctor for webMD weight loss clinic and author of several books on nutrition and health. Her views and conclusions are the same. Published April 3, 2008. Sources: Timlin M.T. et pediatrics, March 2008; Volume 121: p. e638-e645. Smith Edge M. et al., Journal of the American Dietetic Association, December 2005; Volume 105: p. 1856-1860. Nutrition Analysis by ESHA Research, Food Handler Nutrition Analysis Program. ©2008 WebMD, LLC all rights reserved. Sources: Photos provided by: References: References:

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