

BON APPÉTIT

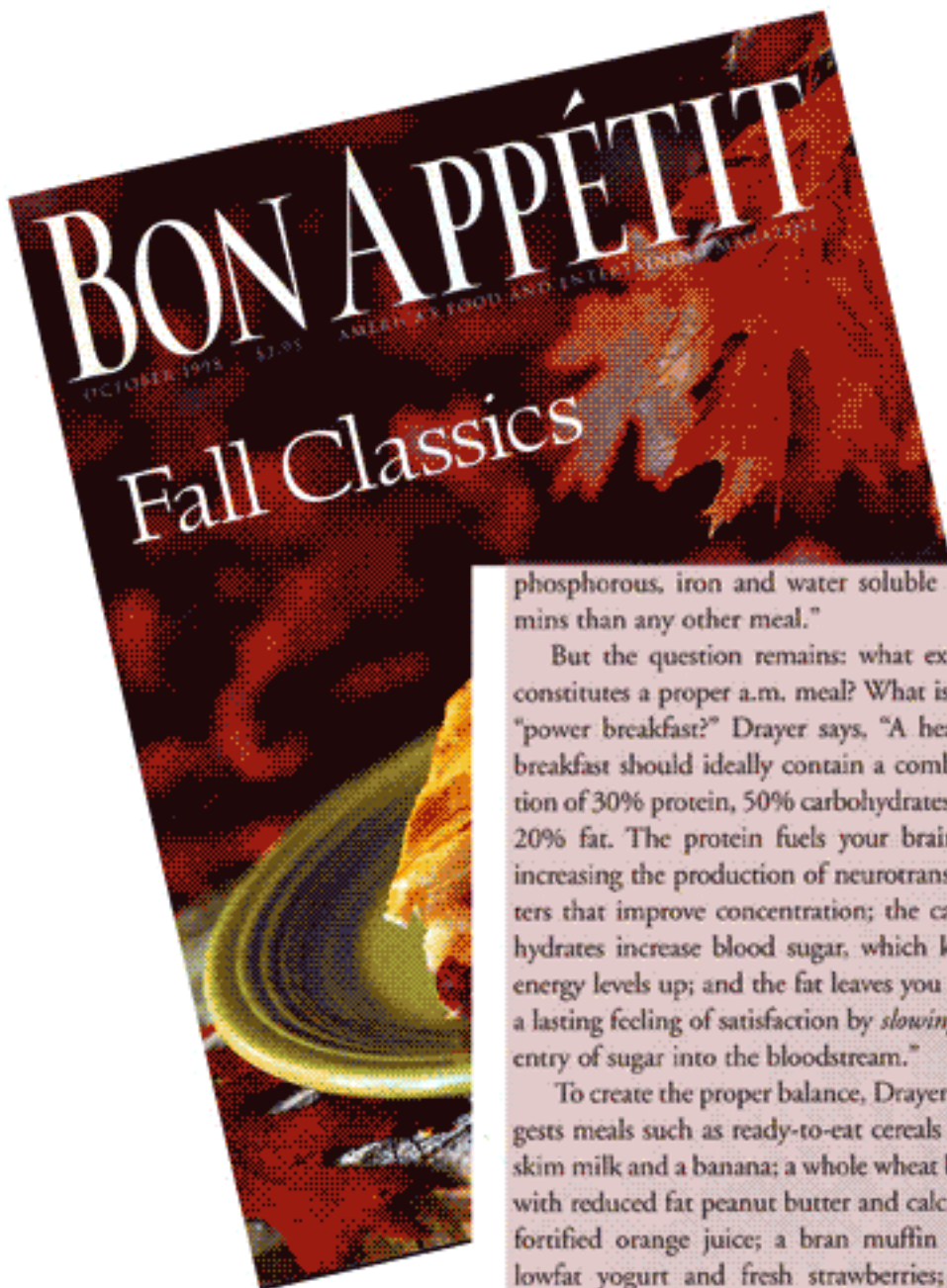
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phosphorous, iron and water soluble vitamins than any other meal."

But the question remains: what exactly constitutes a proper a.m. meal? What is this "power breakfast?" Drayer says, "A healthy breakfast should ideally contain a combination of 30% protein, 50% carbohydrates and 20% fat. The protein fuels your brain by increasing the production of neurotransmitters that improve concentration; the carbohydrates increase blood sugar, which keeps energy levels up; and the fat leaves you with a lasting feeling of satisfaction by *slowing* the entry of sugar into the bloodstream."

To create the proper balance, Drayer suggests meals such as ready-to-eat cereals with skim milk and a banana; a whole wheat bagel with reduced fat peanut butter and calcium-fortified orange juice; a bran muffin with lowfat yogurt and fresh strawberries; and fruit-filled crepes with a glass of skim milk. Even palate-pleasing treats such as pancakes, waffles and French toast are fine, so long as portions are monitored. Drayer suggests eating one half of what you normally eat, and topping them with light syrups or fruits.

Start your day with a good breakfast, and a great figure isn't far behind. Drayer points to a randomized clinical trial involving 52 moderately obese adult women (*American Journal of Clinical Nutrition, Schlundt, Hill, 1992*). Over a 12 week period, those who regularly skipped breakfast lost a dramatic 16.94 pounds upon adding the meal to their regimen, exhibiting lower fat intake and less compulsive eating compared to those who continued to skip breakfast. It's incredible. A meal that you can eat in order to lose

IT'S THE MEAL THAT GREET'S YOU WITH a warm, sunny smile. It's the preferred meal of champions. And it's the meal most likely to be skipped. We're talking about breakfast, and if you're not eating it, then sympathy is due to you and your waistline.

There's little dispute over the appeal of the classic breakfast menu. So popular is the pancake, bacon and egg arsenal, that most diners choose to serve them 24-hours a day. This decision certainly keeps registers ringing, but breakfast's true purpose, its *raison d'être*, is to be consumed in the morning—not simply as a matter of custom, but as a matter of health. Breakfast gives you the energy needed to start the day. It raises metabolism, stimulates memory, increases alertness and actually curbs cravings so you eat less during the course of the day.

Lisa Drayer, Registered Dietitian, and Nutrition Consultant for the New York Health and Racquet Club, in New York City says, "A good breakfast contains important nutrients that are not necessarily compensated for through subsequent meals and snacks. Studies show conclusively that a person's breakfast almost always contains a higher nutrient to energy ratio for calcium,

weight! There's simply no reason to miss it—even lack of time.

For people other than the Gabor sisters, lounging for hours at the breakfast table in a silk robe and fancy slippers just doesn't reflect reality; real life is more of a rush to catch our planes, trains and automobiles. But Drayer says, "A power breakfast doesn't require cons of time. Take a few minutes at home in the morning for a bowl of cereal, or grab a lowfat yogurt and fruit, and eat it during your morning commute." Even a quick breakfast reaps huge benefits both physically and mentally.

BRUNCH: A STORY OF WAFFLES AND WINE

Brunch: a linguistic and culinary hybrid that has captured the nation's heart. Even those famously impatient New Yorkers meekly submit to seemingly endless lines for a table at a popular brunch spot. There's simply nothing like the ever social, casual coziness of brunch, and probably never will be.

A great brunch should create a sense of joy and well-being that flows through the veins like champagne bubbles. Yet, when confronted with, say, a mimosa and a weird concoction of omelets, potatoes and lobster, eating well can seem a bit confusing and frustrating. Even more difficult is surviving a brunch date with the delicious-but-deadly "all you can eat" buffet. But have no fear. Brunch can be your morning power meal if you use just a bit of common sense.

Keep in mind that brunch is not an invitation to stuff your stomach with a full breakfast *and* a full lunch. You can indulge a bit, but try to keep a balance just as you would for breakfast. If you do go a tad overboard, then adjust subsequent meals so that your overall fat intake is at or below 20% for the entire day.

Drayer suggests making small but worthwhile adjustments during brunch. "When ordering omelets, choose the vegetable varieties for extra vitamins and fiber, and have it prepared with one whole egg and the rest egg whites. This way you still receive all of the nutrients the egg yolk has to

ATANGY BRUNCH



As a drink, Tropicana Orange Juice is a power breakfast staple, but it can also add a healthy, sweet and tangy zip to classic breakfast and brunch main courses.

ORANGE FRENCH TOAST

four two-piece servings

- 1 1/2 cups Tropicana Pure Premium® Orange Juice, divided
- 3 large eggs, lightly beaten
- 8 one-inch thick slices French or Italian bread
- Butter or vegetable oil for frying
- 1/2 cup maple syrup (use a light version if desired)
- 2 teaspoons ground cinnamon
- 1/8 teaspoon ground nutmeg

In a flat dish mix one cup of juice and eggs. Lay bread slices in juice and egg batter. Turn bread to coat both sides well. In a skillet lightly coated with butter and/or oil, fry bread on both sides until golden brown and heated through. Heat maple syrup, remaining 1/2 cup orange juice, cinnamon and nutmeg; serve with French toast, 1/4 cup per serving.

Nutritional facts per serving:
400 calories, 11g fat, 183mg cholesterol, 2g fiber, 10g protein

IN-HOUSE BAKERY

Imagine the taste of a warm muffin loaded with wild blueberries and all kinds of grains. Now, you can have all that goodness in a hot cereal with new Blueberry Muffin Multigrain Hot Cereal from the Cream of Wheat kitchen. It's the only hot cereal that combines real wild blueberries and a wholesome blend of grains including oats, wheat and barley. It's also an excellent source of vitamin A, iron, thiamin, riboflavin, niacin, vitamin B6 and folic acid. New Blueberry Muffin Multigrain Hot Cereal is a delicious and healthy way to warm up your morning.

Blueberry Muffin is the latest in the family of Instant Multigrain Hot Cereals that include other great flavors such as Banana Nut Bread, Apple Cranberry Cobbler, and Cinnamon Raisin Strudel.



offer without going overboard on cholesterol. Also, be careful with alcohol intake since Champagne contains about 90 calories per 4 ounce glass, and a 3 ounce martini or daiquiri can pack as much as 130 calories." Perhaps it's the smell of bacon that makes you swoon? Well, that's okay too. Simply opt for the Canadian sort. "Canadian bacon is a lean source of protein with only three grams of fat per ounce," says Drayer.