



Ask the Expert: Why should I eat breakfast?



Written by Kaitlan Tracy, Purdue University Nutrition and Dietetics '23

Eating breakfast is a great way to give your body energy for the day ahead! Here are a few reasons why eating breakfast is important:

Eating Breakfast Prevents Feeling Tired - Often times, people who don't eat breakfast find themselves not having enough energy and feeling tired. Fueling yourself to start the day can lessen the feeling of tiredness while boosting energy and mood.

Breakfast Helps You Get More Total Vitamins and Nutrients – Adding a balanced meal to your total foods for the day means your body will get more vitamins and minerals. A balanced meal includes colorful foods, such as fruits and vegetables, whole grains, dairy, and lean protein.

Breakfast Can Improve Digestion and The Way Your Body Uses Energy and Nutrients - Starting your day with a balanced meal has been shown to improve digestion and the way your body works. A breakfast that includes a variety of foods can help to regulate insulin levels, reduce the risk for developing metabolic syndrome, and improve conditions of type 2 diabetes.

May Boost Fiber Intake - Most Americans don't eat enough fiber. Breakfast is a meal that has many high-fiber options. Eating a fiber-rich breakfast can have beneficial effects. Fiber for breakfast can help you feel full for longer, control blood sugar levels, and help manage or reduce the risk of type 2 diabetes. Fiber-rich foods include whole-wheat breads, fruits, oatmeal.

Improves Brain Power Throughout the Day - Eating breakfast provides your brain with more fuel to function throughout the day. Improved alertness, memory, test-scores, problem-solving, and critical thinking have been shown for both children and adults who eat breakfast before starting their day.

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Food Safety: Eating Outside

Written by Adina Miller, Purdue University Dietetics & Nutrition, Fitness, and Health '24

During the warmer summer months, eating outdoors is a fun activity! But having food outside in hot weather may cause bacteria to grow in the food. Take some simple steps to lessen the risk of foodborne illness when eating outside.



Transporting food safely:

- Make sure cold food is kept cold enough by using a cooler with ice/ ice packs.
- Keep the cooler closed when you are outdoors to make sure it stays cold inside.
- Separate raw meat, poultry, and seafood from all ready-to-eat foods, such as fruits and vegetables. This prevents cross-contamination.
- Wash your fruits and vegetables with water before you store them in the cooler.

Grilling safely:

- Cook food all the way through. The best way to know if food is fully cooked, is to measure the temperature of the food with a food thermometer.
- Don't reuse utensils that have touched raw meat, poultry, or seafood to lessen the risk of cross-contamination.

Picnic safely:

- Practice proper hand hygiene by washing your hands. If you are picnicking in a place with no running water, bring soap and a water jug, so you can still wash your hands.

Temperature of foods:

- Keeping food at correct temperatures can stop the growth and spreading of bacteria on your food.
- If you are serving hot food, keep the food stored at or above 140 degrees F.
- If you are serving cold food, keep the food stored at or below 40 degrees F.

Source: <https://www.fda.gov/food/buy-store-serve-safe-food/handling-food-safely-while-eating-outdoors> , <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQjTdyR7QBR5sOY5YYXBVFcok2RX5jdx45VBw&usqp=CAU>

Overnight Oats

Directions

1. Combine milk, greek yogurt, cinnamon, and vanilla extract in a container or jar.
2. Add oats and mix well.
3. Add your favorite berries.
4. Cover and refrigerate for at least 8 hours.
5. Enjoy cold or heat as desired.

Ingredients (1 serving)

- 1/2 cup milk*
- 1/4 cup Greek yogurt
- 2 teaspoons honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats*
- 1/4 cup berries*

Nutrition Facts (per serving)

Calories: 311
Protein: 17 g
Carbs: 53 g
Fat: 5g



***foods included in the TEFAP (The Emergency Food Assistance Program)**

Sources: <https://www.myplate.gov/recipes/myplate-cnpp/overnight-oatmeal-berries>

Eating Right: Vitamin D

Written by Adina Miller, Purdue University Dietetics & Nutrition, Fitness, and Health '24

Vitamin D Function:

Vitamin D has important functions in the body. Vitamin D helps bones stay healthy, because it helps your body absorb calcium, which is a mineral that is good for bones. Vitamin D is also good for the immune system, which helps your body fight off disease and sickness, so you stay healthy.

Vitamin D Sources:

There are two main ways to get vitamin D. One way is from spending about 15 minutes outside when the sun is shining. Another way is to eat foods that have vitamin D in them. Most of the foods that have vitamin D in them are fortified. The term “fortified” means that vitamin D is added to the food during processing. Vitamin D is not naturally found in a lot of foods, so fortification of vitamin D is important, especially for people who do not live in areas with direct sunlight year round.

Vitamin D Deficiency:

According to the Dietary Guidelines for Americans (DGA), vitamin D is a “nutrient of concern”, which means many people are not getting enough of this vitamin. This is one of the reasons why foods are fortified with vitamin D. Vitamin D is added to them to make it easier for people to get these nutrients from commonly eaten foods. Check out the following foods that are rich in vitamin D:

- Salmon
- Light tuna, canned
- Sardines, canned
- Milk, soy milk, almond milk, rice milk
- Yogurt
- Cheese
- Raw mushrooms



**Recommended amount of
vitamin D to get:**
600 IU (International Units) per day



Sources: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSx45MsfVtUwrkgYNAQDLRqIQysIU07cAxHlw&usqp=CAU>, <https://www.mayoclinic.org/drugs-supplements-vitamin-d/art-20363792>, <https://www.cantonmercy.org/healthchat/42-percent-of-americans-are-vitamin-d-deficient/>, <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients/food-sources>, <https://th.bing.com/th/id/OIP.QCnTXfi-WJSsBXH8pEIPAwHaHQ?w=222&h=218&c=7&r=0&o=5&pid=1.7>



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This newsletter is edited by Adina Miller and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

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IN THE NEWS

In The News: National Eat Outside Day is August 31st

Written by Adina Miller, Purdue University Dietetics & Nutrition, Fitness, and Health '24

National Eat Outside Day is a good time to celebrate the summer by eating outside. Get creative and find new places to eat outside like at a city or state park, in your yard, or at a local playground. There are a lot of benefits of eating outside and spending time outside. For example, research suggests that eating outside can improve mindfulness, help concentration, and provide vitamin D from sunshine. Being outside in general can help you be more creative, help your immune system, create a social environment, and improve your mood. Celebrate August 31st, or any other nice summer day by getting outside and enjoying a meal.



Sources: <https://www.newhorizonacademy.net/best-ways-to-celebrate-national-eat-outside-day/> , <https://www.webmd.com/balance/ss/slideshow-health-benefits-nature> , https://www.google.com/imgres?imgurl=https%3A%2F%2Fmedia.istockphoto.com%2Fvectors%2Ffeat-outside-day-august-31-vector-id1015464564&imgrefurl=https%3A%2F%2Fwww.istockphoto.com%2Fvector%2Ffeat-outside-day-august-31-gm1015464564-273279336&tbid=ygu7AIC-AgUisM&vet=12ahUKewjmuavn6JT5AhWQkmoFHag8AF8QMygNegUIARDeAQ..i&docid=yBGs_KIrB4LARM&w=1024&h=1024&itg=1&q=eat%20outdoors%20day&client=safari&ved=2ahUKewjmuavn6JT5AhWQkmoFHag8AF8QMygNegUIARDeAQ