

Skipping Breakfast? *Try a Breakfast Shake!*



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It's New Year's resolution time!

How often do we say to ourselves "*this year I am going to eat better!*" This can be a recurring resolution for some of us, especially when we are trying to reach a healthy weight.

One of the biggest challenges to eating healthy is having a balanced breakfast every day. Why eat a breakfast? Eating a breakfast not only helps to give us energy in the morning, but can also help regulate our appetite and metabolism, both of which are important for healthy weight management.

What if you just can't face making a breakfast every morning? One option is to whip up a balanced breakfast shake in the morning. It's quick, easy to make, and if you use the right ingredients can in fact be a balanced breakfast.

How do you make a balanced breakfast shake?

To start, I recommend using 1 cup (250ml) of low-fat (1%) milk or un-sweetened soy milk beverage. These are both good choices as they contain a fair amount of protein (8 grams of protein per cup).



Next, I recommend adding some additional protein to your shake. This extra protein not only helps to balance the nutritional content of your shake, but also increases your satiety to help you get through the morning (i.e. protein can help satisfy your hunger for longer). Try one of the following options to add some additional protein to your shake (each of these options contains 3 - 6 grams of protein):

- ✓ 2 teaspoons of a protein powder (e.g. whey protein, rice protein powder)
- ✓ 2 tablespoons of skim milk powder
- ✓ 1 tablespoon of nut or seed butter (e.g. almond butter, peanut butter, sesame seed butter)
- ✓ 1 small container of low fat yogurt



For the next step, it is a good idea to add some healthy carbohydrate to your shake. This can help give you some quick energy in the morning. One of the best choices for adding carbohydrate to a shake is fruit. Fruit will not only add carbohydrate to your shake, but also fibre, natural sweetness and flavor. It is also loaded with healthy nutrients. Any type of fresh or frozen fruit will do (1 medium sized fruit or ½ cup of fruit).



To increase the satiety factor of your shake, you can also add some extra fibre. Besides making the shake more filling, fibre has numerous health benefits. Some good options for adding fibre to your shake are listed below (each option contains 2 - 4 grams of fibre). Start with a small amount then increase as desired.

- ✓ All Bran, oat bran, wheat bran (2 - 4 tablespoons)
- ✓ Ground flaxseed (1 - 2 tablespoons)
- ✓ Chia seeds or psyllium husk powder(1 - 2 teaspoons)
- ✓ Rolled oats (raw) ¼ cup



Another good addition to your shake is some healthy oil to help meet your dietary needs for essential fatty acids. Essential fatty acids are especially good for heart health. If you have already added a nut or seed butter or ground flaxseed to your shake, your shake already contains some essential fatty acids. If not, you can add a small amount (1 teaspoon) of a healthy oil (e.g. flaxseed oil, grapeseed oil, canola oil) to provide some of those essential fatty acids.



In many cases your shake will already taste great by this point. However, if you want to add some more flavour to your shake there are many options. Below is a list of just some of the items you can add to your shake to add flavour.

- ✓ Almond extract
- ✓ Cocoa powder
- ✓ Mint extract
- ✓ Shredded coconut
- ✓ Cinnamon
- ✓ Coconut extract
- ✓ Instant coffee (regular or decaffeinated)
- ✓ Nutmeg
- ✓ Vanilla extract



The final step is to add in some ice (e.g. 2 - 4 cubes) and mix in a blender for 30 - 60 seconds.

Following these steps, your breakfast shake will provide you with about 250 - 350 calories, 12 - 16 grams of protein and 6 - 8 grams of fibre. That is similar to a healthy medium-sized breakfast recommended for healthy weight management.

There you have it: a quick, easy, balanced breakfast to get your metabolism going, help meet your nutritional needs, and give you energy for the morning!

Here are some recipes to get you started:

Apple Cinnamon Shake

*1 cup of 1% milk
1 medium to large apple (peeled and sliced)
2 tablespoons skim milk powder
1/4 tsp cinnamon
1 teaspoon grapeseed or canola oil
1 tablespoon ground flaxseed
2 ice cubes*

Peanut Butter, Banana & Oatmeal Shake

*1 cup of 1% milk
1 tablespoon peanut butter
1 medium banana
¼ cup raw rolled oats
2 ice cubes*

Pina Colada Shake

*1 cup of 1% milk
2 tbsp skim milk powder
1 tbsp shredded coconut (or 1/4 tsp coconut extract)
1/2 cup pineapple (fresh or canned)
1 teaspoon of flaxseed oil
2 teaspoons psyllium husk powder
2 ice cubes*

Adapted from: Healthy Weight Management – Breakfast Meal Replacement Shake Recipe Book.
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