

# Don't skip breakfast; tailor it to your needs

No time for breakfast? Nonsense! Breakfast can be tailored to fit any schedule and any budget.

The benefits of a good breakfast are threefold. Breakfast refuels the body after a night's sleep, providing the energy and stamina needed to perform well at work, school and play. Breakfast supplies significant amounts of Vitamin C, riboflavin and calcium, three important nutrients which you might not get enough of in other meals if you're a breakfast skipper. And breakfast helps discourage prolonged snacking which can add unwanted pounds.

While breakfast should supply one-quarter to one-third of the day's nutrients and calories, breakfast food doesn't have to be traditional fare. Cheese pizza and an orange can be just as nutritious as juice, eggs and toast. The key is always including a good source of vitamin C, wholegrain cereal or bread and at least one protein-rich food such as meat, cheese, peanut butter, nuts, eggs, yogurt or milk.

Breakfast doesn't have to be elaborate to be nutritious, either. Many breakfast foods require little preparation or can be prepared the night before. Strawberry Summer Breakfast, a cool and creamy make-ahead fruit and cereal combo, features foods from three of the Basic Four Food Groups. Fresh strawberries and orange or pineapple juice contribute a healthy helping of vitamin C, while a one ounce serving of rolled oats supplies seven B vitamins, vitamin E and nine minerals as well as water-soluble dietary fiber. As an added bonus, whole-grain oats contain no cholesterol and almost no sugar or salt.

## STRAWBERRY SUMMER BREAKFAST

- 1 1/2 cups sliced strawberries
- 1 1/4 cups unsweetened pineapple or orange juice
- 1 cup quick or old fashioned\* oats, uncooked
- 1/4 cup coarsely chopped nuts
- 2 tbsp. brown sugar

Combine all ingredients; mix well. Cover, refrigerate at least 8 hours or overnight. Mix well before serving. Serve with milk, if desired.

4 servings.  
\*NOTE: When using old fashioned oats add an additional 1/4 cup oats.

A SANDWICH is another quick-to-fix breakfast which is as good for you as delicious. Bagels, corn bread, English muffins, pita bread, biscuits, tortillas and waffles are a tasty change of pace from plain bread and can be filled with a variety of healthful ingredients. Try layering cheese, tomato and crumbled cooked bacon between two waffles. Or, stuff chicken salad and fresh pineapple cubes into whole wheat pita bread. \*Planned over meat, eggs, fruit and vegetables are other nutritious and economical choices.

If you're one of those people who just isn't hungry first thing in the morning, pack a breakfast to go. Bananas, peaches, strawberries, grapes and cherries are easy to carry. Team them with a breakfast sandwich, celery sticks stuffed with peanut butter, yogurt, homemade granola, hard-cooked eggs, cheese and crackers or a slice of banana-oat bread. All of these energy-packed breakfast snacks can be eaten along the way or saved until the mid-morning munchies strike.

When time is scarce, whip up a frothy, blender drink to sip while getting ready for work. Blueberry Bounce combines economical fresh fruits with unsweetened pineapple juice, plain yogurt and fiber-rich rolled oats. Vary the flavor by substituting other fresh fruits as they become available and low in price.

## BLUEBERRY BOUNCE

- 1 cup fresh or frozen blueberries
- 1 medium banana, sliced
- 1 cup unsweetened pineapple juice
- 1 cup plain yogurt or milk
- 1/2 cup quick or old fashioned oats, uncooked
- 1 tsp. sugar
- 1 cup crushed ice or 8 to 10 ice cubes

Place all ingredients in blender container. Blend on high speed about 1 minute or until smooth. Serve immediately.

4 servings.

WITH CAREFUL shopping, breakfast savings can be doubled. Start the day with in-store fresh fruit, always a bargain, or fruit juice. Frozen fruit juice concentrates frequently are supermarket "best buys." Watch for specials on juice and other frozen breakfast foods such as waffles, then stock up.

If family members are cereal lovers, purchase the large-size box (Compare prices quickly by dividing the purchase price by the number of ounces or pounds.)

"Day old" bread and bakery goods are just as nutritious and less costly, while cheese sold in large pieces is a better buy than shredded or sliced varieties. Purchase plain lowfat yogurt in pint-size containers rather than individual cartons. Then, add your own fruit and sweetener for extra savings.

When the urge to bake strikes, prepare muffins, biscuits, corn bread, banana bread and coffee cakes in quantity. Freeze them in individual portions to hasten thawing.

Other economical breakfast recipes are available in "Stretching Food Dollars." This information-packed booklet from the Quaker Oats Co. also includes money-saving shopping tips as well as nutrition information, food storage charts and meal planning hints. For your FREE copy, send name and address to: QUAKER "Stretching Food Dollars" Booklet Offer, P.O. Box 11257, Chicago, IL 60611.

## A musical first


The first time blacks and whites made music together for a national audience was 1936, according to Lionel Hampton. He and Teddy Wilson appeared on the Camel Caravan Radio Hour, sponsored by Camel cigarettes, with Benny Goodman and Gene Krupa. That was 11 years before Jackie Robinson became the first black major league baseball player.

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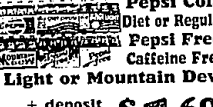
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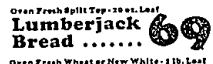
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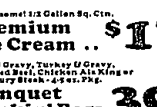
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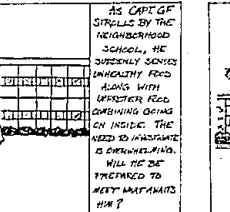
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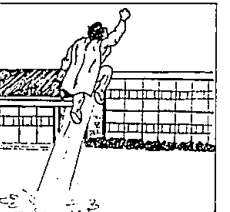
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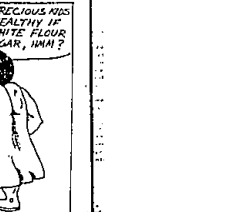
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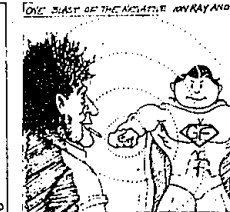
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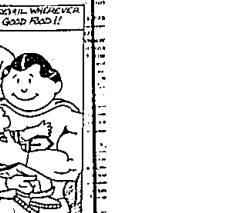
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