

Heart Health News
September 2022
Better Breakfast Month

Important Information

Scheduling (843) 876-0444

Heart Health Team (843) 792-4717*

*Be sure to leave a message

HeartHealth@MUSC.edu

www.musckids.org/heart/health

Better Breakfast Day, September 26, 2022

Food prep trends

Nearly 3/4 of people are "never", "rarely" or "sometimes" satisfied with their breakfast options.

If time wasn't a factor in preparing breakfast, 54% of people would choose eggs.

43% of people say that the largest driving factor in choosing a breakfast is convenience.

Having a breakfast option that's high in protein is the top priority influencing people's breakfast choices.

Source: <https://nationaltoday.com/better-breakfast-month/>

Did you know?

Studies have shown that students (and adults) who eat a healthy breakfast are better able to focus throughout the day, are less likely to be absent, and have more energy throughout the day. Make sure you are fueling yourself with a satisfying breakfast this month and all year long!

Breakfast Ideas

- Yogurt parfait: Layer fat-free or low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Breakfast smoothie: Blend low-fat milk, frozen strawberries and a banana.
- Pita egg sandwich: Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- English muffin: Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.

For more ideas, visit: www.eatright.org/food/planning-and-prep/snackand-meal-ideas/power-up-with-breakfast

What is a “better” breakfast?

- Nutrient-Rich: Include at least one fruit or vegetable or both on your plate to ensure that you are eating a variety of vitamins and minerals. Pairing foods like yogurt + berries or eggs + spinach will help you meet your goal!
- Fiber-Fueled: Aim for at least 5g of fiber per meal to help you stay full longer. Fiber comes from plant foods like fruits, vegetables and whole grains.
- Protein-Powered: Depending on your age and activity level, strive to start your day with 10-20g of protein. Eggs, yogurt or nuts are healthy options.

Recipe of the Month

Better Breakfast Burritos

Ingredients (for 6 servings):

3 medium eggs
2 Tablespoons milk
Pinch of salt
0.5 lb ground turkey
1 teaspoon of taco seasoning
3 Tablespoons chopped onion
6 oz (or 3/4 cup) black beans, canned
4 oz (or 1/2 cup) tomatoes with green chilies, canned
1 cup spinach
6 medium whole wheat tortillas
1.5 oz cheddar cheese (~1/2 cup shredded)

Instructions:

Place a large skillet over medium heat and coat with nonstick cooking spray. In a medium bowl, whisk together eggs, milk, and salt. Add eggs to hot pan and scramble. Once cooked, remove from pan. Using the same pan, add ground turkey and taco seasoning. Use a wooden spoon to break up meat into small pieces. Add chopped onions and continue to cook and stir until meat is cooked. Drain and rinse black beans and add to the pan. Drain the tomatoes and add to pan; stir and heat through. 5. Add in chopped spinach and cooked eggs. Stir to combine and remove the pan from the heat. 6. Warm tortillas in the microwave so they're easy to roll and sprinkle with shredded cheese. Place a small amount of filling along the center and roll into burritos. Serve warm!

Nutrition for one serving:

Calories: 283kcal
Carbohydrates: 26g
Protein: 18g
Fat: 12g
Saturated Fat: 5g
Cholesterol: 121mg
Sodium: 666mg
Fiber: 6g
Sugar: 2g

Find the recipe here: <https://www.superhealthykids.com/protein-packed-breakfast-burritos/>

Clinic Updates

Clinic visits are being conducted both virtually (via the following link: <https://MUSC.doxy.me/hearthealth>) and in person. **Please specify when scheduling if you would like a virtual or in-person appointment.**

Group education sessions are currently on hold due to staffing difficulties. Please read your Heart Health text updates and look for more information on our private Facebook Group page: <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.

Fit Kids group exercise sessions are now offered both in-person and virtually!! Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM at Quarterman Park. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom:

<https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThWTdYdjZiNHRqUT09>.

***If your child would like to attend in-person sessions, you will need to reserve your spot by either emailing hhexercise@musc.edu or leaving a message (843-792-4717) with your child's name and the days you want to sign him/her up. We will only take sign-ups for one week in advance and you must have your reservation in by 5:00 PM on Fridays.**

Please continue to read your Heart Health text messages for updates.

If you feel like you may have Covid symptoms or need to see a provider, please utilize the FREE MUSC virtual care: <https://campaigns.muschealth.org/virtual-care/index.html>