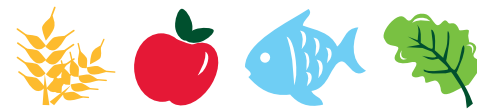


**Week Two:  
Healthy  
Breakfasts &  
Reading  
Nutrition Labels**



**The Goldring Center  
for Culinary Medicine**

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**TULANE UNIVERSITY**

# In week two of this cooking class series, we will:



Review the key terms of basic nutrition



Examine nutrition labels to determine how to compare products



Explore the "most important meal of the day" and look at ways to make it more nutritious



# Basic Nutrition – Key Terms to Know:

## ○ **Calories**

- Measurement of energy
- Fuel for our body
- Found in carbohydrates, proteins, fats and alcohol
- Needs are individual – easy average for an adult is 2,000 per day

## ○ **Macronutrients**

- Carbohydrate (4 calories/gram)
  - FIBER, starch, and sugar
- Protein (4 calories/gram)
- Fat (9 calories/gram)

## ○ **Micronutrients**

- Vitamins
- Minerals
- MANY essential functions in the body – eating a variety of foods is key to get enough of all of them!

# What Makes a Healthy Breakfast?

- Breakfast = breaking the fast (typically 8-12 hours), your body needs to refuel
- Studies have shown that people who skip breakfast tend to have higher BMIs
- Eating a combination of FIBER, protein and fat will set your day up for success
- Incorporate fruits and vegetables to start checking off those daily servings





# How to Read a Nutrition Label:

1. Check the serving size and how many servings are listed per container – is this the portion you plan to eat?

2. Check the amount and %DV for nutrients we want to limit: Saturated Fat, Trans Fat, Sodium, and Added Sugars

3. Look at the nutrients we want to increase: Fiber, Vitamin D, Calcium, Iron, and Potassium

1. Serving Information

2. Calories

3. Nutrients

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

**\*Don't forget to check the list of ingredients, too!**

# Let's Practice Reading Labels: Whole Grain Bread

## Product: Dave's Killer Bread 21 Whole Grains & Seeds

1. The serving size is 1 slice. Do you plan on using this bread to make a sandwich? If so, you'll need to multiply everything by 2
2. Is this bread high or low in Saturated Fat, Sodium, and Added Sugar?
3. Is this bread a good source of Fiber, Vitamins and Minerals?

**Would you buy this product?**

Nutrition Facts	
17 servings per container	
Serving size 1 Slice (45g/1.6oz)	
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>8%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 5g	<b>17%</b>
Total Sugars 5g	
Includes 5g Added Sugars	<b>9%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 100mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# Let's Practice Reading Labels: Yogurt

## Product: Dannon Oikos Plain Nonfat Greek Yogurt

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size					
1 Container (150g)					
Calories 80					
Calories from Fat 0					
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Total Fat	0g	0%	Potassium	170mg 5%
	Saturated Fat	0g	0%	Total Carbohydrate	6g 2%
	Trans Fat	0g		Dietary Fiber	0g 0%
	Cholesterol	<5mg	1%	Sugars	6g
	Sodium	60mg	3%	Protein	15g 30%
Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 0%					
INGREDIENTS: CULTURED GRADE A NON FAT MILK.					

DISTRIBUTED BY THE DANNON COMPANY, INC., WHITE PLAINS, NY 10603  
CONTAINS ACTIVE YOGURT CULTURES: *S. THERMOPHILUS* AND *L. BULGARICUS*

The biggest difference between these two products is the **sugar content**, 6g in the plain and 13g (with 9g of added sugar) in the fruit version

## Product: Chobani Strawberry Fruit on the Bottom Nonfat Greek Yogurt

### NUTRITION FACTS

Serving size 1 container (150g)

Amount Per Serving

**Calories 110**

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 65mg 3%

Total Carbohydrates 16g 6%

Fiber <1g 3%

Total Sugars 13g

Including 9g Added Sugars 18%

Protein 11g 22%

Vitamin D 0% Potassium 4%

Iron 0% Calcium 10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Ingredients:** Cultured nonfat milk, strawberries, cane sugar, water, fruit pectin, locust bean gum, natural flavors, lemon juice concentrate, fruit and vegetable juice concentrate (for color).  
**6 live and active cultures:** *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*, and *L. Rhamnosus*.



# Blender Basics



- ★ Start the blender on low and gradually increase the speed.
- If necessary, use tamper to stir ingredients.



← If using a blender cup, you will need to reverse the order of ingredients!

How to load ingredients into the blender:

- **Liquids:** Water, Juice, Yogurt
- **Dry Ingredients:** Spices, protein powders
- **Leafy Greens:** Spinach, Kale
- **Fresh Fruits & Veggies:** Avocado, Bananas, Melon
- **Ice & Frozen Ingredients:** Frozen Fruit and Veggies

Placing heavier items on top helps weigh down the lighter ingredients allowing the blend to come together faster.



# Today's Menu



## **Groups 1 & 5**

Quick Breakfast Tacos  
Zucchini Muffins

## **Groups 2 & 6**

Spinach & Feta Frittata Cups  
Green Wave Smoothie

## **Groups 3 & 7**

Oat Pancakes with Fruit Sauce  
Carrot Cake Smoothie

## **Groups 4 & 8**

Tofu Breakfast Scramble

**Bonus:** Almond Pepita Granola

# Nutrition Goals for a Healthy Breakfast

GCCM targets for Breakfast	
<b>Calories</b>	300 - 500 kcal
<b>Saturated Fat</b>	< 2 g
<b>Sodium</b>	< 550 mg
<b>Fiber</b>	At least 5 g
<b>Sugar</b>	less than 15 g

## A Note on Sugar & Added Sugar:

The USDA's 2020 Dietary Guidelines recommends limiting added sugar to no more than 10% of your daily calories. For a 2,000 Calorie diet, this would be 200 calories or 12 teaspoons. On average, American adults are eating around 22 teaspoons per day, mostly from packaged foods and sugar sweetened beverages.

**4 grams sugar = 1 teaspoon**



# Tips for Making Breakfast Stress-Free

- Make items in advance
  - Bake on the weekends & freeze: muffins, pancakes, waffles
  - Oatmeal, grits, & frittata keep in the fridge for up to 5 days
- Find a few go-to, quick breakfasts you enjoy
  - Breakfast tacos, whole wheat toast with cheese or peanut butter and a piece of fruit or overnight oats with nuts and berries
- Look for ways to add more FIBER and protein and cut back on sugar and refined carbohydrates

## 5 Breakfast Bewares:

1. Hidden Sugars
2. Breads & Baked Goods
3. Juices & Smoothies
4. Coffee Drinks
5. Syrups & Spreads





# Quick Breakfast Tacos

# Zucchini Muffins

Groups 1 & 5

## Nutrition Facts

6 servings per container

**Serving size 2 Tacos with toppings (229g)**

**Amount Per Serving**

**Calories 320**

**% Daily Value\***

**Total Fat** 15g **19%**

Saturated Fat 4.5g **23%**

*Trans* Fat 0g

**Cholesterol** 255mg **85%**

**Sodium** 350mg **15%**

**Total Carbohydrate** 32g **12%**

Dietary Fiber 6g **21%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 14g **28%**

Vitamin D 1.4mcg 8%

Calcium 170mg 15%

Iron 2mg 10%

Potassium 550mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, EGG

## Nutrition Facts

12 servings per container

**Serving size 1 muffin (53g)**

**Amount Per Serving**

**Calories 210**

**% Daily Value\***

**Total Fat** 13g **17%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 190mg **8%**

**Total Carbohydrate** 21g **8%**

Dietary Fiber 2g **7%**

Total Sugars 9g

Includes 8g Added Sugars **16%**

**Protein** 3g **6%**

Vitamin D 0.1mcg 0%

Calcium 10mg 0%

Iron 0.7mg 4%

Potassium 80mg 2%

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CONTAINS: EGG, WHEAT, WALNUT

# Spinach & Feta Frittata Cups

## Green Wave Smoothie

Groups 2 & 6

### Nutrition Facts

6 servings per container

**Serving size** 2 frittata cups (141g)

**Amount Per Serving**

**Calories** 150

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 195mg 65%

**Sodium** 390mg 17%

**Total Carbohydrate** 5g 2%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 10g 20%

Vitamin D 1mcg 6%

Calcium 120mg 10%

Iron 2mg 10%

Potassium 140mg 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Nutrition Facts

2 servings per container

**Serving size** 16 oz (519g)

**Amount Per Serving**

**Calories** 340

% Daily Value\*

**Total Fat** 16g 21%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 40mg 2%

**Total Carbohydrate** 52g 19%

Dietary Fiber 15g 54%

Total Sugars 20g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2.3mg 15%

Potassium 960mg 20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, EGG



# Oat Pancakes with Fruit Sauce

# Carrot Cake Smoothie

Groups 3 & 7

## Nutrition Facts

8 servings per container

**Serving size**

**2-3 pancakes with 2 Tbsp sauce (131g)**

**Amount Per Serving**

**Calories 150**

**% Daily Value\***

**Total Fat** 3.5g **4%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol** 25mg **8%**

**Sodium** 290mg **13%**

**Total Carbohydrate** 23g **8%**

Dietary Fiber 3g **11%**

Total Sugars 8g

Includes 3g Added Sugars **6%**

**Protein** 5g **10%**

Vitamin D 0.1mcg 0%

Calcium 110mg 8%

Iron 1.1mg 6%

Potassium 190mg 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, EGG, WHEAT

## Nutrition Facts

1 serving per container

**Serving size 12 oz (361g)**

**Amount Per Serving**

**Calories 200**

**% Daily Value\***

**Total Fat** 2g **3%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 120mg **5%**

**Total Carbohydrate** 45g **16%**

Dietary Fiber 6g **21%**

Total Sugars 30g

Includes 0g Added Sugars **0%**

**Protein** 6g **12%**

Vitamin D 1.5mcg 8%

Calcium 200mg 15%

Iron 0.6mg 4%

Potassium 940mg 20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK

# Tofu Breakfast Scramble

Groups 4 & 8

## Nutrition Facts

6 servings per container

### Serving size

**1/2 cup scramble w/ 1 slice bread & 3  
thin slices avocado (210g)**

### Amount Per Serving

**Calories 230**

**% Daily Value\***

**Total Fat** 11g **14%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 230mg **10%**

**Total Carbohydrate** 22g **8%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 1g Added Sugars **2%**

**Protein** 14g **28%**

Vitamin D 0mcg **0%**

Calcium 160mg **15%**

Iron 2.7mg **15%**

Potassium 480mg **10%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: WHEAT, SOY



# Almond Pepita Granola with Raisins

**Bonus!**

## Nutrition Facts

21 servings per container

**Serving size** 1/2 cup (63g)

**Amount Per Serving**

**Calories** 270

% Daily Value\*

**Total Fat** 14g 18%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 95mg 4%

**Total Carbohydrate** 32g 12%

Dietary Fiber 5g 18%

Total Sugars 13g

Includes 6g Added Sugars 12%

**Protein** 7g 14%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2.9mg 15%

Potassium 240mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: ALMOND

**Thank you for joining us and  
we hope to see you next week  
for our Week 3 lesson on lunch,  
vegetables, and portion sizes!**