Most Egg-cellent Breakfast Strata

Overview

Try this egg strata next time you need to feed a hungry crowd for brunch or just scale down the recipe and make it the night before for a quick healthy breakfast in the morning. This meal is high in calcium and vitamin D which are important for the growth and maintenance of strong bones.

Source: Janet and Greta Podleski, Eat, Shrink and Be Merry

Directions

- Spray an 11 x 7-inch casserole dish with cooking spray. Spread croutons evenly in bottom of dish. Set aside.

- Spray a medium, non-stick skillet with cooking spray. Remove and discard casing from sausage. Break or cut sausage into small pieces and add to skillet. Cook over medium-high heat until no longer pink, breaking up any large pieces. Add zucchini, onions and red pepper. Reduce heat to medium. Cook and stir for about 3 more minutes, until vegetables begin to soften.

- To assemble strata, spoon sausage mixture evenly over croutons. Top with shredded cheese. Whisk together eggs, milk, salt and freshly ground black pepper. Reduce heat to medium-high heat until no longer pink, breaking up any large pieces. Add zucchini, onions and red pepper. Reduce heat to medium. Cook and stir for about 3 more minutes, until vegetables begin to soften.

- Bake, uncovered, for 40 minutes, until eggs are completely set. Let stand 5 minutes before serving.

Ingredients

Yield: 8 Servings

- 3 cups low-fat herb-seasoned croutons
- 8 ounces light mild Italian sausage or vegetarian sausage substitute
- 1 cup diced zucchini
- 1/2 cup minced onions
- 1/2 cup diced red bell pepper
- 1 cup packed shredded light old (sharp) cheddar cheese
- 8 omega-3 eggs
- 1 cup 2% evaporated milk or light (5%) cream
- 1/4 teaspoon salt and freshly ground black pepper

Nutrition Information

Per 1/8 of recipe (1 serving):
Calories: 245
Fat (g): 11.4 g
Carbohydrate (g): 17 g
Protein (g): 19 g
Sodium (mg): 607mg

Don’t Forget Breakfast!

Breakfast is the most important meal of the day. By eating breakfast you are refueling your body’s energy stores that have been depleted from fasting overnight. Without eating a healthy breakfast you may become tired by late morning and this can lead to decreased mental and physical performance at school or work.
Calcium

Overview

Calcium is the most abundant mineral in the body. Required for the production and maintenance of healthy bones, calcium is also required for many other essential body functions and plays a role in muscle contraction, blood vessel control and nerve signaling.

How Much Do I Need?

Your recommended daily intake for calcium depends on your age and gender.

<table>
<thead>
<tr>
<th>Age</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-6 months</td>
<td>210 mg</td>
<td>210 mg</td>
</tr>
<tr>
<td>7-12 months</td>
<td>270 mg</td>
<td>270 mg</td>
</tr>
<tr>
<td>1-3 years</td>
<td>700 mg</td>
<td>700 mg</td>
</tr>
<tr>
<td>4-8 years</td>
<td>1000 mg</td>
<td>1000 mg</td>
</tr>
<tr>
<td>9-13 years</td>
<td>1,300 mg</td>
<td>1,300 mg</td>
</tr>
<tr>
<td>14-18 years</td>
<td>1,300 mg</td>
<td>1,300 mg</td>
</tr>
<tr>
<td>19-50 years</td>
<td>1,000 mg</td>
<td>1,000 mg</td>
</tr>
<tr>
<td>50+ years</td>
<td>1,200 mg</td>
<td>1,200 mg</td>
</tr>
</tbody>
</table>

Did you know? If you don't get enough calcium from your diet, your body will take it from your teeth and bones?

What If I Don’t Get Enough?

Recent studies show that 55% of men and 78% of women age 20 and older were not getting enough calcium. This is also a problem for young, growing children.

Although a calcium deficiency (called hypocalcemia) does not produce any obvious symptoms in the short term, it is still a harmful state for your body. Calcium is required for bone health and preventing osteoporosis. Calcium also plays a positive role in maintaining a healthy blood pressure and may even play a preventative role with certain cancers (colon, rectum, prostate).

How Can I Meet My Requirements?

Foods that are rich in calcium include milk, yogurt and cheese. Non-dairy sources include vegetables such as Chinese cabbage, kale and broccoli and fish (with bones) such as salmon and sardines. Most grains do not have high amounts of calcium unless they are fortified (calcium is added to the food during processing). Foods that may be fortified with calcium include many fruit juices, tofu and cereal. Check food labels while shopping to find calcium fortified orange juice. It is a great way to boost your daily calcium intake.

If you are finding it hard to meet your calcium requirement, dietary supplements are another way to boost your daily intake. There are two main forms of calcium supplements: calcium carbonate and calcium citrate. Although it is best to obtain calcium from natural sources, supplements are also effective. Be sure to ask your physician or pharmacist before taking any new supplements.
Calcium

For More Information on Calcium Visit …

Office of Dietary Supplements (National Institute of Health)
http://ods.od.nih.gov/factsheets/calcium

Osteoporosis Canada
http://www.osteoporosis.ca
[use the online calculator to calculate your calcium intake:
http://www.osteoporosis.ca/index.php/ci_id/5355/la_id/1.htm]

Health Canada—Food and Nutrition

Or make an appointment with one of our dietitians to discuss your nutritional requirements.

Did you find this newsletter interesting and helpful?
Do you have more questions on how to make healthy changes to your lifestyle?

Come see a Registered Dietitian at the HPC.
Learn how much you need to eat, how to optimize your metabolism, prevent cravings, and increase your energy levels!

For information on our programs, check out our website www.uoguelph.ca/hpc and click on the "Nutrition" tab, or call the HPC at 519-767-5011, ext 1.