



Super-charge Your Breakfast

by Teri Jaklin ND

Over the years I have observed a common dietary weakness in how we view breakfast. We all know that “breakfast is the most important meal of the day” yet in our marketing driven world words like *organic*, *whole grain* or *natural* can mislead even the most health conscious. Many of us grab a bowl of cereal (refined grains and sugars) or throw a piece of bread into the toaster (more refined grains) and run out the door. In some cases (the worst cases), breakfast consists of a high glycemic, trans-fat loaded muffin or doughnut at the drive-thru topped off with a double-double coffee that meets your saturated fat intake for the WEEK. What if changing this meal could measurably lower your cancer risk? Or significantly contribute to a healthy weight? What if it made you feel so good that you made better food and lifestyle choices for the rest of the day? Redesigning your breakfast can make a huge difference to your nutritional status and your long term health.

One of the best ways to power-pack your breakfast is to get out your blender. With a good blender, you can really concentrate your breakfast into an extremely nutritious event. You can hide vegetables and fruit on your children! You can use liquid vitamins and supplements that are often better absorbed and less expensive. Leave that blender on the counter all week and don't put it away!

Basic super smoothies include some kind of liquid (water, rice milk, almond milk, unsweetened juice), protein (this can be simple rice protein powder or a more metabolically active medical food for detox like Mediclear) and fruit (fresh or frozen). To this mix I like to add greens (powdered and/or fresh), omega 3 fatty acids (yes, your fish oil) and acidophilus. Here is a basic recipe:

Super Smoothie (serves 1 adult)

- 2 scoops unsweetened protein powder (like Rice, Hemp (Vega) or MediClear, or Ultraclear)
- 6-8 ounces of liquid
- 1 cup frozen fruit (any type – preferably organic)
- 1 tbsp powdered greens (vital greens, dynamic greens or ultimate greens) or 1 large kale leaf (stem removed) – add them both!
- ½ tsp or 1 capsule (opened) acidophilus
- 1 tsp fish oil
- 2 – 4 drops vitamin D (2000 - 4000IU)
- liquid calcium 250mg to 500mg (optional)
- 1 tsp agave nectar to sweeten (optional)



If liquid breakfasts don't appeal, try this recipe from my favourite cookbook "[The Whole Life Nutrition Cookbook](#)" (available at the clinic).

Morning Fruit Bowl (serves 2 to 4)

- 1/2 cup soak organic almonds (soak overnight in water) and chopped
- 1 ripe mango (chopped)
- 1 banana (sliced)
- 2 kiwis (peeled and sliced)
- 1 ripe pear (chopped)
- 2 tbsp lime juice
- 2 to 4 tbsp shredded unsweetened coconut
- 2 to 4 tbsp hemp hearts (my addition)
- 1 tsp cinnamon (my addition)

Committing to a nutrient dense, high quality breakfast will result in many positive changes to your health. Give it a try!

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