Breakfast is considered the most important meal of the day, but it especially challenging to find the right breakfast for those with Heart Disease AND Diabetes or Pre-Diabetes!

Why is breakfast so challenging?

<table>
<thead>
<tr>
<th>Increased Insulin Resistance</th>
<th>Elevated Blood Sugar</th>
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</thead>
<tbody>
<tr>
<td>↑Lack of Activity (sleep)</td>
<td>↑Liver “leaks” glucose</td>
</tr>
<tr>
<td>↑High levels of Growth Hormones</td>
<td>↓Insulin levels</td>
</tr>
</tbody>
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Carbohydrate intake

↑ BLOOD GLUCOSE

Increased hepatic glucose production

Decreased peripheral glucose uptake

Decreased insulin secretion
For those with pre-diabetes: the first blood sugar excursions are post meal!

![Graph showing the progression of diabetes severity over time.](image)

**Breakfast Food Pattern:**

**Protein: 2 servings**  
**Carbohydrate: 2-3 servings**  
**Fat: 1 serving**

**Low Fat Protein Suggestions**

- Non-fat or 1% fat cottage cheese or ricotta
- Natural or Old Fashioned Peanut Butter (no sugar or hydrogenated fats added)
- Egg whites or Egg Substitute (Egg Beaters)
- Limit to 3-4 egg yolks/week
- Left over turkey or chicken
- Low fat chicken, turkey or vegetarian sausage (3 grams of Fat per serving)
- Low fat cheese (3 grams of Fat per serving)
- Tofu
Breakfast Menu Suggestions:

- 1-2 slices of whole grain bread with light or non fat cream cheese or peanut butter.
- ½ - whole whole grain English muffin with slice of low fat cheese.
- 1 low carb tortilla with cooked egg substitute, tomato slices and salsa
- Egg substitute veggie omelet with leftover veges or chopped onion, green pepper, spinach, zucchini and 1-2 slices of toast.
- ½ - 1 whole pita, stuffed with scrambled eggs and veges.
- Cottage cheese (add cinnamon and sweetener if desired), 1-2 pieces of whole wheat toast.

Then add one of the following:

- 8 oz of non fat or 1% milk
- 1 small piece of fruit or ½ cup chopped fresh fruit

Breakfast Pitfalls!

- Breakfast cereals - especially the cold ones, tend to have a high glycemic index and can send your blood sugar soaring! Cooked whole grain cereals (not the ones you rip open and add water!) might work better: rolled oats, barley, kasha or buckwheat.
- Bagels are very dense and are very large. A Noah’s bagel is about 4-5 servings of carbohydrate!
- Waffles, pancakes and syrup are culprits. Trying whole grains, sugar free syrup, eating only one and adding a protein will help.
- Avoid juices - eat fruit. The fiber will slow digestion and help avoid overeating and a rapid rise in blood sugar.

How do you know for SURE if what you are eating is appropriate for you?
Are you in your target range?
- Less than 180 mg/dl (ADA) or Less than 140mg/dl (ACE)
- 2 hours after first bite of meal

Not testing? Change your state of mind.......  
- Your meter is your friend! YOU are in control.
- Be reasonable... not all your readings will be at goal!
- Out of range readings? Don’t think of it as a failure.. just a time to make some changes.
- Learn from out of range readings to use for decisions going forward.

Breakfast Custard

5 egg whites
2 cups light soy milk or fat free milk
½ cup Pumpkin
½ cup Splenda
1 t. vanilla
Cinnamon and nutmeg to taste.

Whisk eggs together. Add milk, pumpkin, Splenda, vanilla and spices. Mix together.

Place in about 7 ramekins. Bake at 350' in a water bath for about one hour.