

NEWSTART + 6 - Nutrition

Breakfast: The Most Important Meal Of The Day

(Genesis 3: 19; Isaiah 55:2; Psalms 103:4-5; Ecclesiastes 3:1)

Website: [Healthy Christian Living - Living by the Blueprint](#)

“...Education SHOULD BE GIVEN on proper diet...” (CD 406.4)

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. Pure air, sunlight, abstemiousness, rest, exercise, **PROPER DIET**, the use of water, trust in divine power-- these are the true remedies.” {MH 127.1-2}

“...become more intelligent in regard to the laws of life. . .” {11MR 187.3}

“...EDUCATE, EDUCATE, EDUCATE...” {6MR 379.1}

WHY?

“...Educate people in the laws of life so that they may know how to preserve health...” {MM 259.3}

“True religion and the laws of health go hand in hand...” (7T 137.1)

“...It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them...” (MH 128.1)

“We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way...” (CG 361.2)

“Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted...” {MH 128.1}

BIBLE:

Proverbs 26:2 – “...the curse causeless shall not come.” (Many curses in the Bible found in Deuteronomy 28 deal with health issues)

Job 29:16 – “...the cause which I knew not I searched out.”

WHAT DOES THE BIBLE, SPIRIT OF PROPHEC, AND MEDICAL SCIENCE ALL HAVE TO SAY ABOUT BREAKFAST?

BIBLE:

JESUS SHOWED THE IMPORTANCE OF EATING BREAKFAST:

John 21:4-6,10,12 – “But when the morning was now come, Jesus stood on the shore: but the disciples knew not that it was Jesus. Then Jesus saith unto them, Children, have ye any meat (food)?

they answered him no, and he said unto them, cast the net on the right side of the ship, and ye shall find. They cast therefore, and now they were not able to draw it for the multitude of fishes.

As soon then as they were come to land, they saw a fire of coals there, and fish laid thereon, and BREAD.
Jesus saith unto them, Bring of the fish which ye have now caught. Jesus saith unto them, come and dine.

DINE, verb intransitive [Latin, to cease. Gr., to feast.] **To eat the chief meal of the day.**

SOP:

“It is the custom and order of society to take a slight BREAKFAST. But this is not the best way to treat the stomach....the habit of eating a sparing BREAKFAST and a large dinner is wrong.” {CD 173.2}

BREAKFAST IS TO BE THE HEARTIEST MEAL OF THE DAY:

“At BREAKFAST time the stomach is in a better condition to take care of more food than at the second or third meal of the day...make your BREAKFAST correspond more nearly to the HEARTIEST MEAL of the day.” {CD 173.2}

NOT TO PATTERN AFTER STEREOTYPED BREAKFAST:

“...you will see, as we have in our experience, the stereotyped BREAKFAST, --porridge, as it is called, -- we call it mush, baker's bread, and some kind of sauce...Now those after eating in this kind of way for months, knowing what will appear before them at every meal, come to dread the hour which should be interesting to them, as the dreaded period of the day...” {CD 259.4}

*****Note:** This would also include not having a liquid diet for breakfast as well such as a shake, smoothie, blended drink, etc.

“You have educated the stomach to this kind of diet. This, your judgment has taught you, was the best, because you realized the least disturbance from it. But this was not a correct experience. Your stomach was not receiving that vigor that it should from your food. Taken in a liquid state, your food would not give healthful vigor or tone to the system...you should educate your stomach to bear a more solid diet.” {CD 105.1}

*****Note:** Do not have mashes and porridges day after day.

*****Note:** Eating solid foods in the morning promote peristalsis which leads to a great movement of the bowels.

NOT TO EAT BREAD ONLY AS A MEAL AND DRINK COFFEE:

“...Living principally on...coffee and bread was not health reform...” {CD 105.2}

WHY MOST PEOPLE SKIP BREAKFAST:

“As a result of eating late suppers, the digestive process is continued through the sleeping hours. But though the stomach works constantly, its work is not properly accomplished. The sleep is often disturbed with unpleasant dreams, and in the morning the person awakes unrefreshed and with little relish for BREAKFAST. When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest...” {MH 303.3}

DO NOT SEND CHILDREN TO SCHOOL WITHOUT BREAKFAST:

“Your child...NEVER let her go from home to school without her BREAKFAST...” {CG 390.1}

MEDICAL SCIENCE:

Something to keep in mind when reading any Medical Science information:

“Our workers should use their knowledge of the laws of life and HEALTH. They should study from cause to effect. Read the best authors on these subjects, and obey religiously that which your reason tells you is truth...” {ch 566.3}

***In other words, if you have a good Medical Science article about good foods for the brain and it lists blueberries, grains, nuts, fish, etc. We know according to the SOP, we are not to eat fish. So disregard the section about fish, but glean all the other information that you know to be true.

MEDICAL SCIENCE ARTICLE REGARDING BREAKFAST:

DON'T SKIP BREAKFAST: It's the Most Important Meal of the Day

COMING FROM YAHOO:

Have you ever heard anyone say that **BREAKFAST** is the most important meal of the day? Well, if you have, know that they were right! **BREAKFAST truly is the most important meal of the day.** Here are five reasons why you should join the millions of people who eat **BREAKFAST** each and every morning!

REASON NUMBER ONE:

There Is A Brand New Day Ahead Of You Each Morning. Eating BREAKFAST can help you to have a great day. Our bodies cannot run on empty until lunch time. How many people eat a really healthy **BREAKFAST**? When our bodies do not have proper nutrition they do not function to their fullest. We will not feel good if we do not eat **BREAKFAST**. No one wants to not feel good half the day. **We are not as productive when we don't feel well.**

REASON NUMBER TWO:

Our Energy Level. BREAKFAST gives our bodies' nutrition and substance. This is where our energy comes from. People who do not eat **BREAKFAST** have considerably less energy than people who do. Think about it. **BREAKFAST** is the meal after dinner. **We eat dinner then sleep through the night. That's eight or more hours without eating. Our bodies need to be nourished in the morning.** They've gone without for hours. If we do not eat in the morning our bodies will not be able to produce the energy we need for the day.

REASON NUMBER THREE:

Concentration. People who do not eat BREAKFAST often have a hard time concentrating. They also have difficulty learning because they are scatterbrained. People who do eat **BREAKFAST** tend to be much more focused on the task at hand. They do not have trouble concentrating nearly as much as those who do not eat **BREAKFAST**. We think a lot each day. This is really something to think about!

REASON NUMBER FOUR:

Your Mood. Did you know that hunger can cause mood swings and irritability? So can running on empty. Your body is lacking something. This affects your whole system. **People who do eat BREAKFAST tend to be much less irritable than those who do not. They tend to be in a better mood.** No one around you wants you to be irritable. No one likes it when people mood swing. Do yourself and those around you a favor each day, eat **BREAKFAST**.

REASON NUMBER FIVE:

BREAKFAST is at the very beginning of the day.

Families can sit down and enjoy this meal together, grasping a little bit of quality time each morning. See, **BREAKFAST** can help you to have a great day in more ways than one! What better way to start your day!

BREAKFAST truly is the most important meal of the day. There are many more reasons why. Start your day off right, as a family. **It is especially important for kids to eat breakfast.** What better way to set a great example than you eating breakfast with them?

THE DANGERS OF SKIPPING BREAKFAST:

- Causes one to eat later in the day
- Causes people to exercise less
- Fatigue
- Fuzzy Thinking
- Headaches
- Heart Problems
- High Cholesterol
- Increase Amount Alcohol Consumption
- Increases Amount of Smoking
- Increases Chances For Tooth Decay In Children
- Increases Stress Levels
- Lack of Memory Recall
- Low Blood Sugar
- Nutritional Shortcomings
- Obesity
- Weight Gain

<http://www.bestofhealth.com/np/Previous/Sep03/breakfst.html>

http://www.indiadiets.com/Health_flash/News%20details/skipping_breakfast.htm

<http://www.sciencedaily.com/releases/2004/01/040115080612.htm>

<http://www.naturalnews.com/004771.html>

<http://www.medicalnewstoday.com/articles/4004.php>

THE BENEFITS OF EATING A HEALTHY BREAKFAST:

- Aids weight loss
- Alertness
- Balances blood sugar levels
- Better hand-eye coordination
- Better problem-solving skills
- Decreases stress levels
- Gives energy
- Improves memory/concentration
- Improves performance in the class and when taking a test
- Lowers cholesterol levels
- More creative
- More physically active
- More productivity

http://balancing-meals.suite101.com/article.cfm/benefits_of_eating_a_healthy_breakfast

<http://www.webmd.com/diet/features/many-benefits-breakfast>

<http://www.mayoclinic.com/health/food-and-nutrition/NU00197>

A NUTRITIONAL BREAKFAST SHOULD ALWAYS CONSIST OF COMPLEX CARBOHYDRATES, PROTEINS, AND FATS. SOME QUICK AND HEALTHY BREAKFAST IDEAS INCLUDE:

- *Oatmeal with fresh fruit and whole-grain toast
- * Whole grain waffles or pancakes
- * Cold cereal that is high in fiber and low in sugar with some type of nut, seed, or grain milk, and fresh berries
- * Whole-grain toast with peanut butter and a couple pieces of fresh fruit
- * Biscuits and homemade bread (made without baking soda or powder) with fruit

Note: Oatmeal and cream of wheat are okay, but they should not be eaten day after day.

“...So much porridge eating is a mistake. The dry food that requires mastication is far preferable...” (CD 108.1)

“...you will see, as we have in our experience, the stereotyped breakfast, --porridge, as it is called, -- we call it mush, baker's bread, and some kind of sauce... Now those after eating in this kind of way for months, knowing what will appear before them at every meal, come to dread the hour which should be interesting to them, as the dreaded period of the day...” {CD 259.4}

A LIQUID DRINK AND SOME TYPE OF BREAD IS NOT SUFFICIENT FOR BREAKFAST.

“Their **BREAKFAST** consisted of coffee and bread with the addition of prune sauce. This was **not** healthful. The stomach, after rest and sleep, was better able to take care of a substantial meal than when wearied with work...” (CD 105.3)

NOTE:

- Choose your breakfast recipes such that they focus on a blend of protein and carbohydrates.
- Hearty carbohydrates will give that boost of energy to jumpstart your day.
- A mix of protein will be the staying power to keep your body going strong over the next five to six hours until lunch.
- Be sure to have grain (cooked), nuts and/or seeds and fruit for every breakfast...

“Grains used for porridge or “mush” should have several hours cooking...” (MH 301.3)

THE GRAIN COULD BE:

- Brown Rice Pudding
- French Toast
- Granola
- Muesli
- Oatmeal
- Waffles
- Wheatena, or Cream Of Wheat
- Whole Grain Bread and/or Muffins
- Whole Grain Pancakes

THE PROTEIN COULD BE:

- **Nuts** (closed fist full with nothing seeping out the sides) (Raw, not roasted or salted)
Almonds
Cashews

Peanuts

Peanut Butter (1 Tablespoon)

Scrambled Tofu

Tofu Omelets

Be sure to have only ¼ c. nuts. or one closed fistful without any seeping out the sides

- **Seeds** (2 Tablespoons)
 - Chia seed**
 - Flaxseed** (unroasted, unsalted...be sure it's RAW)
 - Pumpkin**
 - Sesame**
 - Sunflower**
- **Fruit** (preferably raw...dried and canned are okay, but should not be the “rule of thumb”) at least 3 fruit. Try to have one citrus.

*****Note: No fried potatoes are allowed for breakfast per Medical Science and per SOP.**

“We do not think fried potatoes are healthful, for there is more or less grease or butter used in preparing them. Good baked or boiled potatoes served with cream and a sprinkling of salt are the most healthful. The remnants of Irish and sweet potatoes are prepared with a little cream and salt and rebaked, and not fried; they are excellent.” {CD 323.1}

ALSO, SPAGHETTI MAY BE EATEN FOR BREAKFAST:

“I have vermicelli-tomato soup one meal and greens the next...” {CD 324.1}

SIMPLE FOODS MEAL PLAN....HAVE VARIATIONS EACH DAY:

“...All meals should not be composed of the same kinds of foods without variation. Food should be prepared with simplicity, yet with a nicety which will invite the appetite.” {CG 385.1}

A. BREAKFASTS:

I. PANCAKES, FRENCH TOAST, WAFFLES, CREPES, etc.

- Cashew Barley Pancake
- Orange Blueberry Pancakes
- Maple Pecan Waffles
- Apple Oat Waffles
- Banana Pecan Crepes
- French Crepes
- French Toast

II. GRANOLA/COLD CEREAL

- Granola (cran-apple)
- Rip's Big Bowl
- Granola (no-oil)
- Breakfast Rice
- Granola (cashew-pineapple)
- Rip's Big Bowl
- Granola (Renee's)

III. EGG(LESS) DISHES

- a. Scrambled Tofu
- b. Breakfast Burrito
- c. Omelet
- d. Tofu Quesadilla
- e. Skillet Tofu

IV. CRISPS

- a. Apple Crisp
- b. Blackberry Crisp
- c. Peach Crisp
- d. Mixed Berry Crisp

V. YOGURT (vegan)

- a. Strawberry Yogurt
- b. Raspberry Yogurt
- c. Blueberry Yogurt

VI. BREAKFAST BREADS

- a. Date Muffins
- b. Banana nut Muffins
- c. Biscuits & Gravy
- d. Bagels & Cream Cheese with chives
- e. Soy Corn Muffins
- f. Opened Face Sandwich

VII. DESSERT BREAKFASTS

- a. Apple Turnovers
- b. Lemon Pie
- c. Banana Split
- d. Apple Pie
- e. Pineapple Cheesecake

VIII. STOVE-TOP/CROCK POT CEREAL

- a. Delicious Millet
- b. Crockpot Hot Cereal
- c. Cream of Wheat or Wheateena
- d. Crockpot Polenta

IX. BREAKFAST BARS

- a. Homemade Granola Bars
- b. Date Squares
- c. Apple Oats Breakfast Bars
- d. Blackberry Apple Bars
- e. Taste of Heaven Granola Bars
- f. Fruit & Oatmeal Bars
- g. Forever Young Bars

X. BAKED

- a. Apple Oats Casserole
- b. Baked Millet
- c. Banana Breakfast Delight
- d. Baked Apples
- e. Baked Oatmeal
- f. Bread Pudding
- g. Breakfast Rice

THINGS TO KEEP IN MIND:

- Large population studies show that those who eat breakfast daily live longer than those who tend to skip breakfast.
- Eating regular meals – especially BREAKFAST – every day is a good health habit.
- Breakfast kick-starts your metabolism, provides fuel for your mind, and cuts down on mid-morning snacking. Most snack foods are high in calories, fat, sugar, and salt, and low in nutrients. This is probably one reason why breakfast skippers tend to weigh more.

“Some people skip BREAKFAST in an effort to lose weight, but the practice is more likely to cause weight gain than weight loss. SKIPPING BREAKFAST IS STRONGLY LINKED TO THE DEVELOPMENT OF OBESITY. Studies show that overweight and obese children, adolescents, and adults are less likely to break the fast each morning than their thinner counterparts.” (Web MD)

WAIT 5 TO 6 SIX HOURS FROM WHEN YOU FINISH ONE MEAL TO THE EATING OF THE NEXT:

“After disposing of one meal, the digestive organs need rest. At least five or six hours should intervene between the meals...” (MH 304.1)

A HEALTH ARTICLE SHOWING THAT MORNING CEREAL (sugar free/food coloring free kind) CAN BOOST CONCENTRATION STUDIES:

https://www.google.com/search?q=morning+cereal+can+boost+concentrations%3A+UK+study&rlz=1C1KMZB_enUS561US561&ogq=morning+cereal+can+boost+concentrations%3A+UK+study&aqs=chrome..69i57.9727j0j7&sourceid=chrome&es_sm=93&ie=UTF-8

“...The time of ignorance God winked at, but as fast as light shines upon us, He requires us to change our health-destroying habits, and place ourselves in a right relation to physical laws.” {CD 19.3}

SOP ABBREVIATIONS:

CD = Counsels on Diets and Foods
CH = Counsels on Health
MH = Ministry of Healing
MR = Manuscript Releases

***Questions on next page.

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(Questions)

1. Education should be _____ on proper diet.
2. Become _____ intelligent in regard to the laws of life.
3. The curse causeless shall _____ come.
4. The _____ which I knew not I searched out
5. Which chapter and verses in the Bible is it where you can find Jesus feeding his disciples breakfast?

6. DINE = _____
7. It is the custom and order of society to take a _____ breakfast.
8. What does "slight" mean? _____
9. The habit of eating a sparing breakfast and a large dinner is _____.
10. At breakfast time the _____ is in a better condition to take care of more food than the 2nd or 3rd meal.

11. Make your breakfast correspond more nearly to the _____ meal of the day.
12. What is a stereotyped breakfast? _____
13. What causes people to dread the hour of breakfast? _____
14. Does our stomachs receive vigor from our food, when we take our food in a liquid state? YES or NO

15. List 2 examples of food taken in a liquid state:
 1. _____
 2. _____

16. You should educate your stomach to bear a more _____ diet.
17. Should we have porridge (mush) day after day? YES or NO
18. Living principally on coffee and bread (or some type of donut or Danish) is not health _____.

19. List 4 things that happen as a result of eating late suppers
 1. _____
 2. _____
 3. _____
 4. _____

20. Should children be sent to school without having breakfast? YES or NO

21. Breakfast is the most _____ meal of the day.

22. List 5 reasons why a person should not skip out on breakfast:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____

23. List 16 health issues related to not eating a proper breakfast:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____

24. List 13 benefits of eating a healthy breakfast:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____

25. A nutritional breakfast should always consist of complex _____, _____, and _____.

26. Give an example of a health breakfast: _____

27. So much _____ is a mistake.

28. _____ food that requires mastication is far preferable to porridge.

29. Hearty _____ will give that boost of energy to jumpstart your day.

30. A _____ of protein will be the staying power to keep your body going strong over the next five or six hours until lunch.

31. Grain used for making porridge or mush should have several hours of co_____

32. List 9 types of grain dishes that could be made for breakfast:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

33. List 6 examples of what you could have for nuts or in the place of nuts:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

34. List 5 types of seeds that you may have for breakfast:

1. _____
2. _____
3. _____
4. _____
5. _____

35. What a good amount of nuts to have? _____

36. These should not be _____ or _____.

37. What's a good amount of seeds to have? _____

38. Should these be raw and unsalted? YES or NO

39. How many fruit minimum should a person have each day? ____

40. These should be eaten in a _____ state as much as possible.

41. Are dried and canned fruit okay to eat? YES or NO

42. Should these be eaten regularly? YES or NO

43. ____ fried potatoes are allowed for breakfast.

44. Fried potatoes are not _____.

45. Is a tomato dish like spaghetti okay to eat for breakfast? YES or NO

46. The meal plans should be sim _____.

47. We should have _____ each day.

48. Large population studies show that those who eat breakfast daily live _____.

49. Eating breakfast ____ starts your metabolism.

50. Eating breakfast provides _____ for your mind.

51. Eating breakfast cuts down on mid-morning _____.

52. Most snack foods are high in _____, fat, _____, salt, and are low in _____.

53. Skipping breakfast causes one to _____ weight.

54. Skipping breakfast is strongly linked to the development of _____.

55. How many hours should we wait from one meal to the next before we eat? ____ to ____ hours.

56. The time of _____ God winked at.

57. God requires us to change our health _____ habits.

58. We are to place ourselves in _____ relation to physical laws.