

# Mission Meltaway Weekly Newsletter

Some Fun Ideas to Help You Stay on Track October 26, 2009

## What Do You Eat For Breakfast?

Item	Calories	Grams Fat
1 Cup Granola	400	10
Side of Hashbrowns	200	15
2 Eggs	150	10
1 Slice French Toast	200	8
1 Average Muffin	450	15

*Try This Instead!*

Item	Calories	Grams Fat
1 Cup Oatmeal	120	2.5
Side of Fruit	80	Less than .5
2 Egg Whites	35	0
1 Pancake	120	3
1 Average Donut	200	10

### Fancy Oatmeal

#### Ingredients:

- 1/2 cup regular oats (not instant)
- 3 tablespoons canned pumpkin
- 1 tablespoon sugar-free maple syrup
- 1/4 teaspoon cinnamon
- 1 no calorie sweetener packet
- Dash of salt

#### Directions

- Bring 1 cup of water to a boil in a small pot
- Add oats and reduce heat to medium. Stirring occasionally, cook for 5 minutes
- Add pumpkin, maple syrup, cinnamon, sweetener, and salt to the pot and stir
- Spoon into a bowl

#### Cereal Fan?

Double check that the amount you're pouring corresponds to the listed serving size... your calorie estimates could be off!