

# Breakfast and Diabetes: Teaching Tools and Resources from Kellogg's Nutrition™



Help your clients with diabetes get off to a great start with a nutritious breakfast!

Get the scoop about breakfast and cardiometabolic health and learn about our selection of diabetes teaching tools. Then, check out our handy chart to help clients fit favorite **Kellogg's®** breakfast foods into their healthful diabetes eating plans.

## A Nutritious Breakfast May Benefit Cardiometabolic Health

Eating breakfast helps improve nutrient intake and may aid with weight management,<sup>1</sup> while skipping may negatively impact several measures of cardiometabolic health that contribute to chronic disease.<sup>2,3</sup>

New research supports the link between cardiometabolic health and breakfast, including ready-to-eat (RTE) cereal:

- **Obese women who skip breakfast may be at higher risk for type 2 diabetes.** In a randomized, crossover trial, obese women ate breakfast containing 25% of daily energy intake or no breakfast at all. Glucose total AUC was greater in the no-breakfast group than in the breakfast group.<sup>4</sup>
- **Ready-to-eat (RTE) cereal may help improve cardiometabolic health.** An analysis of 2001-2008 NHANES data showed that eating RTE cereal at breakfast was associated with lower body weight and BMI, reduced abdominal adiposity and fewer risk factors for metabolic syndrome among adults aged 19 to 50 years, compared to those eating other breakfast foods or no breakfast.<sup>5</sup>

## Diabetes Teaching Tools

We offer a variety of interactive tools, presentations and handouts to help with your diabetes teaching. Here's a sampling:

### **Kellogg's MyBowl™ for Nutritious Portion Control**

**Kellogg's MyBowl** is an educational tool designed by Kellogg to complement USDA's MyPlate. **MyBowl** shows how easy it is to apply MyPlate's nutrition recommendations to bowl-based meals, such as cereal. Visit [choosemybowl.com](http://choosemybowl.com), where you and your clients can:

- Use the **MyBowl** interactive tool to build a nutritious breakfast from the Grains, Dairy and Fruits groups, and compare how a serving of cereal looks in different-size bowls.
- Get tips and handouts to make the most of breakfast and **Kellogg's MyBowl**.

## Presentations and Handouts from [kelloggsnutrition.com](http://kelloggsnutrition.com)

Visit the **Client Tools** section at [kelloggsnutrition.com](http://kelloggsnutrition.com) for our full lineup of ready-to-use presentations and companion handouts, including these topics:

- **Know Diabetes** reviews general diabetes diet guidelines and the importance of weight management, physical activity and working with a diabetes care team. The handout includes a section to record diabetes management goals.
- **Know Breakfast** highlights the benefits of eating a nutritious breakfast, gives tips to break down breakfast barriers and features quick, tasty breakfast ideas.
- **Know Weight Management** helps clients solve common weight management challenges and learn basic steps for healthy weight management.
- **Know Fiber** gives information and tips to meet recommendations. It covers fiber's potential health benefits, such as helping to manage blood glucose, and the role cereal fiber may play in reducing the risk of developing type 2 diabetes and pre-diabetes.<sup>6,7</sup>

— Kellogg's —  
Nutrition™



## Fitting Kellogg® Favorites into a Healthful Diabetes Eating Plan

Your clients know it's important to follow a healthful eating plan to help control blood glucose, but might think they have to forgo foods they like. The chart below can help. It features key nutrition information for favorite **Kellogg's®** breakfast foods to help build a wholesome breakfast. Each product is a good source of fiber, too (at least 3 (g) per serving).

Product	Calories	Carbohydrates (g)	Fiber (g)	Sugars (g)
<b>Cereals</b>				
<i>Kellogg's® All-Bran®</i> Original (½ cup)	80	23	10	6
<i>Kellogg's® All-Bran® Bran Buds®</i> (⅓ cup)	80	24	13	8
<i>Kellogg's® All-Bran® Complete®</i> Wheat Flakes cereal (¾ cup)	90	24	5	5
<i>Kellogg's® Fiber Plus®</i> Cinnamon Oat Crunch (¾ cup)	110	26	9	7
<i>Kellogg's® Frosted Flakes®</i> Reduced Sugar cereal with Fiber (¾ cup)	110	26	3	8
<i>Kellogg's® Special K®</i> Multi-Grain (1 cup)	110	27	3	6
<b>Other Breakfast Options</b>				
<i>Kellogg's® FiberPlus®</i> Antioxidants Protein Bar Mixed Nut (1 bar)	170	18	7	9
<i>Kellogg's® Special K®</i> Flatbread Breakfast Sandwich Egg with Vegetables and Cheese (1 sandwich)	180	19	3	3
<i>Kellogg's™ Special K™</i> Protein Meal Bar, Cranberry Walnut (1 bar)	170	25	5	14
<i>Kellogg's® Eggo® Nutri-Grain®</i> Low Fat Whole Wheat waffles (2 waffles)	140	27	3	3
<i>Kellogg's™ Special K™</i> Breakfast Shake, Chocolate Delight (1 bottle)	190	29	5	18

### For More Information

- [kelloggs.com](http://kelloggs.com)
- [kelloggsnutrition.com](http://kelloggsnutrition.com)
- [choosemybowl.com](http://choosemybowl.com)
- [morningstarfarms.com](http://morningstarfarms.com)
- [snackpicks.com](http://snackpicks.com)

### REFERENCES

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services Dietary Guidelines for Americans. 2010. 7th Edition. 2010. U.S. Government Printing Office, Washington DC.
2. Farshchi HR, Taylor MA, Macdonald IA. Deleterious effects of omitting breakfast on insulin sensitivity and fasting lipid profiles in healthy lean women. *Am J Clin Nutr.* 2005;81:388-396.
3. Smith KJ, Gall SL, McNaughton SA, Blizzard L, Dwyer T, Venn AJ. Skipping breakfast: longitudinal associations with cardiometabolic risk factors in the Childhood Determinants of Adult Health Study. *Am J Clin Nutr.* 2010;92:1316-1325.
4. Thomas EA. Presented at the Endocrine Society Annual Meeting and Expo. June 2013.
5. McGill C, Sanders LM, Miller KB, Fulgoni III VL. Breakfast and ready-to-eat cereal consumption are associated with improved markers of cardiometabolic health in adults: results from the National Health And Nutrition Examination Survey 2001 – 2008. *Journal of Aging Research & Clinical Practice.* 2013;2:168-173.
6. Scientific Advisory Committee on Nutrition. Draft Statement on Dietary Fiber. 2008.
7. Priebe MG, van Binsbergen JJ, de Vos R, et al. Whole grain foods for the prevention of type 2 diabetes mellitus. *Cochrane Database Syst Rev.* 2008 Jan 23;CD006061.