



breakfast foods delicious, but many of them also contain a variety of important minerals and nutrients-making it easy to marry great taste and top-notch nutrition to start the day.

Breakfast foods remain wildly popular. On any given day, a full 88 percent of adults 65 and older eat breakfast,1 and 62 percent of Americans agree that breakfast is the best meal of the day, according to a study conducted by the Harris Poll and commissioned by General Mills Foodservice in February 2021.2 Eggs, cereal, and pancakes top the list of breakfast must-haves.

While appreciation of the first meal of the day continues to grow, we've seen participation in breakfast programs in senior centers and retirement facilities decline during the pandemic as more residents stayed in their rooms or ordered food delivery. However, as we all make our way back to more normal routines and visits to dining rooms are on the upswing, more operations are seeking out creative new options and programs to drive excitement and consistent participation.



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Yield: 32 Parfaits

Ingredients:

- 4 lbs. (16 cups) Raspberries, IQF
- · 4 lbs. Lowfat strawberry yogurt
- · 4 lbs. (16 cups) Whole strawberries, IQF
- · 4 lbs. Lowfat vanilla yogurt
- · 2 lbs. (9-2/3 cups) Blackberries, IQF
- · 4 lbs. Lowfat blueberry yogurt
- · 2 lbs. (8 cups) Blueberries, IQF
- · 2 lbs. (8 cups) Oats and Honey Granola

Instructions:

- Deposit 1/2 cup (2 oz.) raspberries on bottom of 12 oz. parfait cup; pipe in 1/4 cup (2 oz.) strawberry yogurt.
- · Add 1/2 cup (2 oz.) strawberries; pipe in 1/4 cup (2 oz.) vanilla yogurt.
- Add 1/3 cup (1 oz.) blackberries; pipe in 1/4 cup (2 oz.) blueberry yogurt.
- Add 1/4 cup (1 oz.) blueberries; top with 1/4 cup (1 oz.) granola.
- · Cover with tight-fitting lid and serve cold.

Tips:

Keep granola topping in a separate container so it remains crunchy and allows for advance prep. Create parfait minis by reducing the amount of ingredients and using smaller serving containers as desired.

"This is an opportune time to reimagine breakfast and use it as a way to bring residents and guests back while also ensuring they are getting nutrient-dense foods," said Lesley

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Chef Gilles Stassart

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Yield: 16 Serving:

Ingredients:

- 1 lb. 14 oz. (20 each) Plllsbury™ Place & Bake ™ Cinnamon Roll Supreme Freezerto-Oven
- · 3 lbs. 6 oz. (6 cups) Apple pie filling

Instructions:

- Thaw cinnamon rolls covered, 40 minutes at room temperature or overnight in refrigerator.
- Spread pie filling over bottom of lightly greased 12 x 20 x 2-1/2-inch full steam table pan.
- Cut rolls into quarters and place evenly on pie filling.
- · Bake as directed and serve warm.
 - Convection Oven: 300°F, 23-28 minutes (Rotate pans one-half turn (180°) after 11 minutes of baking)
 - Standard Oven: 350°F, 34-39 minutes

Tip:

Serve warm with a scoop of vanilla ice cream and a drizzle of caramel sauce if desired.

Shiery, RDN from the Bell Institute of Health & Nutrition at General Mills. "If nutrients are missed at breakfast due to skipping a meal, they are rarely made up during the rest of the day, so it's a good time to focus on protein, hydration, and certain vitamins and minerals."

She adds that there is also the community aspect of eating meals together that is critical for the senior population.

Breakfast time or breakfast foods served

at other meal occasions can be a way to offer those familiar items, maybe with a twist, and make eating enjoyable.

BREAKFAST FOODS PACK A NUTRITIONAL PUNCH

From cereal to yogurt to eggs and muffins, breakfast foods offer important nutrients for residents in retirement and senior living operations.

Most seniors fall short on calcium, vitamin D, fiber, and potassium, according to Shiery, who encourages a nutrient-dense breakfast to meet daily nutritional needs. Seniors who skip breakfast consume 20 percent less fiber, nearly 50 percent less vitamin D, and about 25 percent less vitamin A than those who include this important meal.¹

In particular, she recommends protein to prevent muscle loss that can lead to falls and frailty.

Eggs, yogurt, lean meats, nut butter, and cheese can boost protein intake at breakfast and beyond. For example, eggs, cheese, and ham on a biscuit can provide a full 40 grams of protein, while smoothies made with yogurt, fruit, and nut butter can quickly add another 20 grams of protein or more.

Beyond the power of protein, Shiery encourages a breakfast that can help older adults get in nutrients they may be missing:

• Vitamin B12. The ability to absorb this vitamin decreases with age, which can impact cognition and lead to anemia. Fortified breakfast cereal is the top source of vitamin B12 for those age 55 and up.¹ Cereal is also great for lunch, as part of a snack mix, or as a treat for a movie night. Many cereals also deliver on fiber, a key nutrient for digestion in older adults, as well as whole grains. Interestingly, people who eat cereal get 86 percent more vitamin D, 67 percent more iron, and 21 percent more fiber than non-cereal eaters.

- Calcium and vitamin D. Both calcium and vitamin D play a critical role in maintaining bone health as we age, and dairy is a great source of both throughout the day. Yogurt parfaits and cereal and milk can provide ample calcium and vitamin D along with great flavor.
- Hydration. Older adults are at higher risk for dehydration. Fluids like water, juice, and coffee, can help but food can be a source of fluid too. Many adults of all ages struggle to keep up with daily hydration, but breakfast comes through with juicy fruits, fruit smoothies, and the milk on cereal to promote hydration early in the day.

Even better, many breakfast foods engender a sense of nostalgia and are ideal for finicky eaters. For residents who struggle with appetite and need calorieand nutrient-dense foods, an egg bake with blueberry muffins and fruit or a cinnamon scone topped with yogurt and pears can provide lasting satisfaction. While *caloric needs* typically decrease with age, seniors have similar or even increased *nutrient needs* compared to younger adults, so nutrient density is essential.

Further, the most recent Dietary Guidelines for Americans emphasizes the importance of enjoyment of food for older adults. In addition to familiar favorite foods, breakfast can be a great chance to share a meal with friends and family, and promote healthy food intake.

CLASSICS REIMAGINED

Our culinary team has been working to help foodservice teams take classic products to a new level and encourage residents to return to the dining room and entice them and their guests to visit the onsite coffee shop.

Top tips for sparking interest in breakfast programs include:

- Make comfort food even more appealing. Cinnamon rolls and scones are a great canvas for your creativity. Try an apple-stuffed cinnamon roll or a scone bear claw with vanilla cream icing. Cinnamon rolls can morph into cinnamon roll monkey bread or pineapple matcha sticky buns for some added pizzazz.
- Get creative, have fun. Give traditional breakfast foods a new twist: voila biscuit avocado toast. You can also amp up your pairings: Top a scone with strawberry yogurt and strawberries for a twist on strawberry shortcake, or build a cinnamon roll parfait for an afternoon treat that layers vanilla yogurt with cutup cinnamon rolls and fruit.
- Pack a punch with breakfast sandwiches. Breakfast sandwiches are a way to offer protein, carbs, and veggies in one great-tasting package. Demand has grown for delicious and nutritious meatless options, as well as the egg, bacon, and cheese classics.
- Grab & go is on a roll. Convenience matters, and it's easy to grab a fruitfilled yogurt parfait or smoothie.
 Cinnamon rolls or other baked goods are also great for visitors to pick up on their way to see a family member.
 Individually-wrapped or portioned baked goods, breakfast sandwiches, and parfaits also work well for onsite catering.
- Keep it fresh. What holidays or special events are coming up? When you rotate menu items and flavors, you keep it fresh for your regulars. A Valentine's Day yogurt parfait might feature strawberry yogurt with strawberries cut into heart shapes and a rose petal garnish. The Fourth of July version could feature red, white, and blue in the form of berries and yogurt. Your operation can celebrate the seasons and holidays to pique interest and participation.



Yield: 10 Servings (9.5 oz. bowl each)

Ingredients:

- 4 lbs. Lowfat vanilla yogurt
- 10 oz. (2-1/2 cups) Oats and dark chocolate granola
- 4.5 oz. (2-1/2 cups) Mini marshmallows
- 14 oz. (2-1/2 cups) Milk chocolate chunks
- 2.75 oz. (1/4 cups) Chocolate syrup
- 1.75 oz. (1-1/4 cups) Golden Grahams™ Bulkpak Cereal

Instructions:

- Fill serving bowls with 6 oz. yogurt (2-#12 scoops).
- Top with 1/4 cup granola, 1/4 cup mini marshmallows, and 1/4 cup chocolate chunks.
- Drizzle on 1 tsp. chocolate syrup and add 2 Tbsp. cereal just prior to serving; serve cold.

Tips:

Can be assembled in advance. Just keep out cereal topping and add immediately before serving.

While breakfast remains the most important meal of the day, that doesn't mean it can only be served in the morning. More than three-quarters of survey respondents (79 percent) reported that they have enjoyed breakfast foods for meals other than breakfast in the past year.²

Some ways to offer breakfast outside of the morning daypart:

- Serve breakfast all day or "brinner."
 Breakfast for dinner is a resident
 favorite that can cap the day with a
 healthy, hearty meal.
- Offer lunch or dinner menu items
 with a breakfast flair. Think outside
 the breakfast box and with items such
 as grilled cheese served on a doughnut,
 savory pancakes, or use waffles as a
 sandwich carrier.
- Introduce "bresserts" or dessert items made from traditional breakfast items (cinnamon roll cobbler, strawberry scone shortcake, birthday cake pancakes).

Breakfast foods afford an abundance of flavors, nutrient-dense options, as well as a canvas for your creativity. There are endless opportunities for foodservice programs to reimagine the possibilities with popular morning favorites to bring more variety and excitement to menus at breakfast and beyond.

FOOTNOTES

- 1. National Health and Nutrition Examination Survey 2017-2018
- This survey was conducted online by The Harris Poll on behalf of General Mills Foodservice from Feb. 11-16, 2021 among 2,038 U.S. adults ages 18 and older. For methodology, contact General Mills Foodservice.
- Zhu Y, Jain N, Vanage V, Hoschuh N, Hermetet Agler A, Smith J. Association between readyto-eat cereal consumption and nutrient intake, nutritional adequacy, and diet quality in adults in the National Health and Nutrition Examination Survey 2015-2016. Nutrients 2019; 11(12): 2952.

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