



CHIP CHAT

FOR ALUMNI & FRIENDS - APRIL 4, 2003

The **BREAKFAST SPECIAL** Edition

What are the benefits of eating a hearty breakfast?

- It helps to prevent weight gain
- It lengthens life span
- It regularly reduces risk of heart attack
- It improves blood hemoglobin level
- It reduces blood sugar
- It improves thyroid function

Eating Breakfast Helps to Prevent Weight Gain

Some people think that skipping breakfast will keep them from gaining weight. They reason that because they were not hungry in the morning, skipping breakfast would help them eat fewer calories during the day and would thus favor weight loss. This is a myth. The truth is that eating a good breakfast should be part of any weight loss program.

Years ago Dr. Cupp proposed that weight gain is the result of inappropriate timing of food intake in relation to the evening sleep time. During a medical practice that spanned a remarkable seven decades, Cupp instructed hundreds of patients on his novel approach to weight control. Overweight patients were instructed to change their meal pattern from a heavy meal and snacks in the evening to a heavy morning meal, a moderate lunch and a light supper. They were to eat their last meal ideally at noon, but by no means no later than 3:00 p.m., and they were instructed not to go to sleep for at least eight and one half hours after the last intake of food. Of significance, they were not asked to change their food choices nor the amount of calories they ate. Intrigued researchers in the Department of Nutrition at Tulane University's School of Public Health analyzed the records of 595 of Cupp's overweight patients.

- Those who ate only breakfasts averaged 10 lb. weight loss a month
- Those who ate breakfast, lunch and snacks averaged 5 to 6 lbs. a month
- Those who lost from 20-30 lb. showed an increase in hemoglobin level
- Blood sugar levels of diabetic patients who lost 30 lb. or more were normalized
- Hypothyroid patients showed a reduction in daily thyroid maintenance requirements –*Neal Nedley, Proof Positive p. 4-5*

Quotable Quotes

"I made a commitment to completely cut out drinking and anything that might hamper me from getting my mind and body together. And the floodgates of goodness have opened upon me –spirituality and financially." –*Denzel Washington (Carpe Diem March 14, 2003)*

Did You Know?

Many people reading the Alameda County study are surprised to find “eating breakfast” included in a list of seven of the most important longevity factors. Eating breakfast in and of itself increases longevity. In some of the original data it was found that men who ate breakfast and did not eat between meals had less than half the risk of death of men who skipped breakfast and snacked. A more recent analysis of the Alameda study data focused particularly on individuals in the 60-94 year old range. Those who did not eat breakfast regularly had a 50 percent increased risk of death compared to the regular breakfast eaters. Remarkably, in this group of older Americans, long life was as dependent on eating a good breakfast as it was on not smoking and getting regular physical exercise.

Despite these facts (and what their mothers likely told them), most people give a variety of reasons for not eating breakfast. A common reason is that they are not hungry in the morning, which is the usual result of eating a full meal in the evening. A lighter evening meal will tend to solve the problem. Better yet, if you have the resolve, try eating no suppers for a week. By the end of the week you will likely be hungry for a good breakfast. You might also find that you are sleeping more soundly, even though you may go to bed hungry for a few nights until your body adjusts. With a little planning, breakfasts are usually easier to prepare than lunch or supper. Be creative with your use of grains and have several servings of fruit.

–*Neal Nedley, Proof Positive p. 4-5*

Cool Websites

Here’s a fabulous Vegan Recipe site called **The Vegan Chef:**

<http://www.veganchef.com/> (thanks to Dale and Patsy Trefz, Alberta)

Top 10 walks – worldwide: Have you taken any of these walks? Come on an adventure to 10 unforgettable places to walk in the world. [Read Full Article](#)

Now take a few minutes and share with me your most enjoyable place to walk or hike. There is something to be said for exploring and hiking in beautiful places.

Disclaimer: Links to r websites referred to in this newsletter do not necessarily constitute endorsement by the Adventist Chip Association for all of the content therein.

Question of the Week

Our Question of the Week last CHIP CHAT: ***“How can we make breakfast more exciting? What is your favorite breakfast that doesn’t include cereal?”***

Marion Coppock –*Vegreville, Alberta* “My favorite breakfast is whenever I make waffles, with a fresh or cooked fruit sauce. I usually make them ahead then I have them available when I need them. Sometimes I serve scrambled tofu with them, or eggs for those in my family who still eat eggs.

Vivian Raitz –*Dalton, GA* “A breakfast we love is scrambled tofu (add chicken-like seasoning, parsley flakes, sliced almonds, and a little turmeric). If it were up to me only, I'd add chopped fresh mushrooms, bell pepper, and onions.... With homemade whole wheat bread, a small handful of nuts, orange passion juice and half of an apple. Bon appetit!

Margaret Williams –*Magalia, CA* “For breakfast, we have polenta and tofu. Sometimes I get really ambitious and put a nice tomato, onions, pepper mixture over the tofu and polenta. It is good. We also use a lot of the oatmeal type waffles and different toppings. Cashew gravy on brown rice is another thing we enjoy. We also enjoy almond butter on toast with tofu cottage cheese and applesauce over it. Sounds crazy, but is good!

Sherwin & Shirley Goerlitz –*Mayne Island, BC* “It’s kind of our Sunday morning breakfast tradition to make Blueberry Pancakes topped with fresh applesauce, sliced banana and a little maple syrup, with a side order of pan fried potatoes with onions and breakfast links... and a glass of orange juice with extra pulp. I make the pancakes and Shirley fries the potatoes and links. Equally enjoyable is our sanctified French Toast.... also made without eggs... it’s awesome good! We often make it with Silver Hills Bagels or whole wheat bread... the heavier the bread the better.

Here are links to some of the breakfast recipes that have been in past issues:

Blueberry Pancakes: http://www.sdachip.org/resources/recipes/breakfast/blueberry_pancakes.doc

French Toast: http://www.sdachip.org/resources/recipes/breakfast/french_toast.doc

Granola: <http://www.sdachip.org/resources/recipes/breakfast/granola.doc>

Muesli: <http://www.sdachip.org/resources/recipes/breakfast/muesli.doc>

Whole Wheat Granola Waffle:

http://www.sdachip.org/resources/recipes/breakfast/whole_wheat_granola_waffle.doc

Orange Grove Refresher: http://www.sdachip.org/resources/recipes/breakfast/orange_grove_refresher.doc

Our next **Question of the Week (Month)**: Where was your most enjoyable walk or hike... either in your area or anywhere in the world? Send me a brief description of your favorites. See Cool Website –Top Ten Walks

Chip Forum

We are looking for volunteers to “Test Drive” the new **Chip Forum**. This is a place where our readers can ask questions and read responses from other readers. By next month we hope to have this new feature up and running for everyone to use. But right now, we are looking for volunteers to help us get this going... so if you are willing to help us with your questions and feedback, just send me an email at chipchat@sdachip.org and say, “I’ll Help. –*Sherwin Goerlitz, Chip Chat editor*

CHIP Happenings

Roseburg, OR We graduated our second class of Chippers. Had the previous years class join them for graduation. It was so motivating. We had an inspiring speaker to affirm them for becoming a Chipper. When we read the evaluations of the program filled out by the graduates, all had positive remarks like... “I am going to eat 99% less meat... I am going to keep up my exercise program... thanks for introducing tofu to us... I understand a lot more about why I’m fat & how to fix it... enjoyed it more than I thought I would... thanks Violet for showing how to be vegan... and many more. –*Lois Rigutto RN MPH*

Onalaska, AK We just finished our first Onalaska Chip Program. Only 7 new people attended the meetings, but every one was blessed. We will be having our second heart screen Sunday the 17th. I know we will all have great results. The group was small, which was okay for me being my first time as a director. But only a couple of people missed one night. That was great. –*Mary Little*

April 6 **Boring, OR** –starting first Chip –Don Schafer, *Director*

April 7 **Groveland, CA** –starting CHIP 8 –Marilyn Wilcox, *Director*
Ottawa ON –starting first CHIP –Don Stewart, *Director*

April 14 **Anderson, IN** –starting first CHIP –Susan Landess, *Director*

April 21 **Auburn WA** –starting first CHIP –Garey Gantz, *Director*
Monroe, WA –starting CHIP 3 –Lillian Sorenson, *Director*
Paradise, CA –starting first CHIP –Fred Spruell, *Director*
Wenatchee, WA –starting CHIP 2 –LeAnn Apigian, *Director*

What’s happening in your area? Why not drop me a note so I can share it? Let us know when your next CHIP program is scheduled so we can post it on our web site. –Sherwin Goerlitz: chipchat@sdachip.org

Looking for a CHIP Program?

Check out the CHIP Website to find the location and date of the next CHIP closest you and share it with your friend or family member.

<http://sdachip.org/locations/>

Recipe of the Day

Blueberry Pancakes

It's a Sunday morning tradition at our house for me to make Blueberry Pancakes while Shirley fries some potatoes with onions and Breakfast links. My favorite pancake mix is **Grandma Nunweiler's Old Fashioned Whole Grain Pancake and Waffle Mix**. With just a few variations, you too can make pancakes that will always be a hit. We make it without the traditional milk and eggs... and it turns out just great!

- 1 cup of Grandma Nunweiler's pancake mix**
- 1 cup of Soy Milk**
- 1 tsp. Vanilla extract**
- 1 tsp. Olive oil (helps them not to stick)**
- ½ cup of frozen blueberries**
- 1/3 cup of chopped pecans (or cashews)**

Preheat frying pan to 325° and spray on a little olive oil. I like to use our electric frying pan... but have done it on the range as well. Place the pancake mix, soy milk, vanilla and olive oil in a bowl and stir until smooth. Then stir in the blue berries and pecans. I can make 4 –4 inch pancakes at a time.

Serve with applesauce, maple syrup and sliced bananas or whatever other fruit or topping you would like.

Makes about 10 –4 inch pancakes.

If you like this recipe, you may also like our Whole Wheat Granola Waffle or the French Toast... all done without eggs or dairy.

Nutrition Facts	
per serving makes 8 servings	
Amount per serving	
Calories	111
Calories from fat	45
% Daily Value *	
Total Fat 5.1g	8%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 216mg	9%
Total Carbohydrate 13.7g	5%
Dietary Fiber 2.4g	10%
Protein 2.9g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
40.4% of calories from Fat 49.2% from Carbohydrates 10.4% from Protein	
<u>This does not include any details on your toppings</u>	

Laugh a Little

CEREAL OF CHOICE



Deciding to eat healthier breakfasts, my brother-in-law declared that oatmeal would now be his cereal of choice. But after eating his first bowl, he told my sister, "I hope I develop a taste for the stuff. It goes down real rough."

"Well," she asked, "how long did you cook it?"

"You're supposed to cook it?" he asked.

Closing Thought

**Eating healthy doesn't make you live longer...
it just makes it seem longer.**

What is CHIP? CHIP stands for **Coronary Health Improvement Project**. The Adventist CHIP Association is an international, non-profit, grassroots and volunteer-driven organization whose mission is: *To inspire, equip, and support local Seventh-day Adventist churches to develop CHIP programs that model the healing ministry of Jesus Christ.* To find out more about CHIP or the next CHIP program nearest you check out Adventist CHIP Online at <http://www.sdachip.org>

CHIPCHAT is published bi-weekly by the Adventist CHIP Association for CHIP Directors, team members and alumni & friends. We encourage you to **forward this newsletter to anyone who you think would appreciate this message.**

To subscribe just send a blank email to chipchatsubscribe@sdachip.org

If you wish to unsubscribe send a blank email to chipchatunsubscribe@sdachip.org

No hard feelings

We welcome your comments and suggestions... send them to chipchat@sdachip.org

This CHIP CHAT is designed for you to use, in all or in part for your local Chip Chapter. Feel free to copy and paste and include your own local information and upcoming events in your community. Add your name to the title block and make it yours... or, if you wish, send us the email addresses of your CHIP graduates and we will send this CHIP CHAT to them once a month. Just contact Sherwin at: chipchat@sdachip.org