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DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

FWS SUGGESTS TUNA FOR "NATIONAL BETTER BREAKFAST MONTH"

"Eat a Better Breakfast"--the slogan of National Better Breakfast Month in September--is intended to point up the need for improving breakfast eating habits.

Various government, medical, and nutritional leaders have stated that from many standpoints breakfast is the most important meal of the day. Yet, in many households it is the "neglected meal".

Surveys show that a consistent feeling of well-being is maintained after eating a high protein breakfast. This maintains the proper blood sugar level and increases the physical and mental efficiency of the young and old alike.

Canned tuna with its high quality protein is a natural ingredient for a breakfast "delight" made by combining tuna with scrambled eggs. Served with a fruit, toast, and a beverage, you have a perfect start for a busy day.

Join the September bandwagon for a better breakfast by serving "Tuna and Egg Scramble" as recommended by the home economists of the Fish and Wildlife Service.

TUNA AND EGG SCRAMBLE

- |   |                                 |
|---|---------------------------------|
| 1 can (6½ or 7 ounces) tuna               | 1 teaspoon Worcestershire sauce |
| 1/2 cup chopped onion                     | 1/2 teaspoon salt               |
| 3 tablespoons butter or other fat, melted | Dash cayenne pepper             |
| 7 eggs, beaten                            | Chopped parsley                 |
| 1/3 cup milk                              | Toast points                    |
| 1 tablespoon lemon juice                  |                                 |

Drain tuna. Flake. Cook onion in butter until tender.\* Combine eggs, milk, lemon juice, seasonings, and tuna. Add to onion mixture and cook until eggs are firm, stirring occasionally. Garnish with parsley sprinkled over the top. Serve on toast points. Serves 6.

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