

Eat A Healthy Breakfast

BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY, BUT FOR SOME FAMILIES MORNING IS THE BUSIEST TIME OF DAY.



Kids who eat breakfast are more likely to.....

- Have more energy.
- Keep their weight under control.
- Work faster, make fewer mistakes, be more creative, and even score higher on tests.
- Not overeat later in the day.
- Make fewer trips to the nurse's office complaining of stomach aches.
- Meet their daily protein requirements and have higher nutrient intakes.



BEAT THE CLOCK BREAKFAST



- Lean ham, low-fat cheese, or peanut butter on whole wheat toast
- Hard cooked egg with fruit
- String cheese with whole wheat pita bread, reduced fat Triscuits™, reduced fat Wheatables™, or All Bran™ Crackers
- Corn or whole wheat tortilla with melted low-fat cheese
- Breakfast shake: blend 1% or skim milk or lite or non-fat yogurt with fresh or frozen fruit
- Pizza (whole wheat English Muffin with low-fat cheese and spaghetti sauce)
- Nonfat yogurt topped with fresh or frozen berries

HUNGER CONTROL

Choose higher fiber breads and cereals - Fiber will make you feel full longer. On the food label, look for:

- Cereal: 3 or more grams of fiber per serving
- Bread: at least 2 grams of fiber per slice
- Crackers: at least 3 or more grams of fiber per serving

NUTRITION FACTS

<u>Serving Size</u> 1/2 cup (114g)	<u>Servings Per Container</u> 4
Amount Per Serving	
Calories 90	Calories from Fat 30
<u>% Daily Value*</u>	
<u>Total Fat</u> 3g	5%
<u>Cholesterol</u> 0 mg	0%
<u>Sodium</u> 300 mg	13%
<u>Total Carbohydrate</u> 13g	4%
<u>Dietary Fiber</u> 3g	12%
<u>Protein</u> 3g	

HEALTHY BREAKFAST CEREALS

The following cereals contain at least 3 grams of fiber and less than 12 grams of sugar.

Cheerios & Multi-Grain Cheerios™	Mini-Wheats™ (Shredded or Flavored)
Wheat Chex, Multi-Bran Chex™	Smart Start Cereals™
Crunchy Corn Bran™	Quaker Oatmeal Squares™ (any flavor)
Grape Nuts™ & Grape Nut Flakes™	Raisin Bran*™
Quaker Oat Bran™	Kix
All Bran™	Hot Cereals - Oatmeal, Oat Bran, or Instant Oatmeal Products
Kashi™	
Life™	

*Cereals such as Raisin Bran™ that contain fruit have more than 12 grams of sugar/serving.

CEREAL BARS

The following contain at least 3gm fiber & less than or equal to 12gm sugar.

- Curves™ Chewy Granola Bar
- Fiber One Chewy Granola Bars™
- Quaker™ Low Sugar Granola Bars
- All Bran™ (Brown Sugar Cinnamon or Honey Oat)
- Kashi™ (Peanut Butter, Honey Almond Flax, or Trailmix).

MY GOAL: _____

Eat A Healthy Breakfast



5 STAR BREAKFAST



HOW CAN YOU TELL IF YOUR CHILD IS EATING A HEALTHY BREAKFAST? USE THE FOLLOWING QUICK AND EASY RATING SYSTEM TO FIND OUT. THE GOAL IS TO EARN AT LEAST 5 STARS. GIVE YOURSELF A STAR FOR:

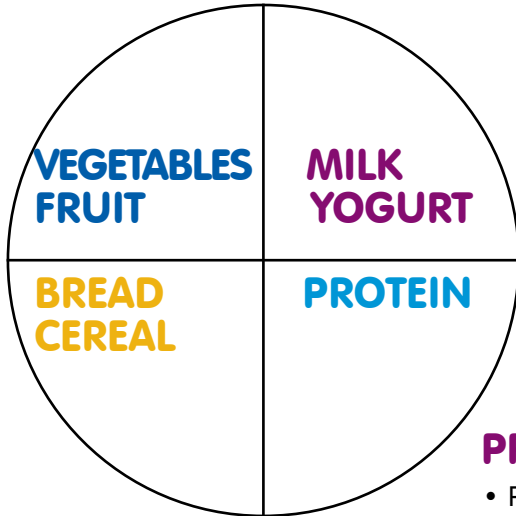
Each time you eat from a different food group (except no stars for the fats & sweets category).

Each time you select a whole grain food (scan the ingredients and make sure the words “whole” or “whole grain” appear first on the list in front of the words oats, wheat, rice, or corn).

Each time your child actually eats breakfast.

BREAKFAST MAKEOVERS

Mix and match to make-over your current breakfast to a “5-Star Breakfast.”



BREADS/CEREALS

- 100% whole wheat bread
- Whole grain cereal
- Whole wheat or corn tortilla
- Whole wheat English muffin
- Whole wheat pita bread
- Whole wheat crackers
- Oatmeal, Oat Bran or low sugar instant oatmeal

PROTEIN

- Peanut butter
- Eggs
- Beans
- Turkey bacon or turkey sausage
- Lean ham, Canadian bacon
- Low fat cheese/string cheese
- Low fat cottage cheese

FRUITS/VEGETABLES

- Bananas
- Apples
- Pineapple
- Kiwi
- Berries
- Plums
- Pears
- Cherries
- Oranges
- Melon
- Peaches
- Grapes
- Zucchini
- Tomato
- Peppers
- Onion
- Mushroom
- Spinach

BEFORE

Typical breakfast on weekdays: _____

AFTER

Typical breakfast on weekends: _____
