

## Healthy Breakfasts To Start the Day



Appendix 2

Breakfast can be a fun time of day with a little planning:

<ul style="list-style-type: none"> <li>* Put together foods and beverages the night before</li> <li>* Set the table</li> <li>* Get up early enough to enjoy the breakfast</li> <li>* Plan foods that stay with the child for the morning: fiber-filled foods and foods having some protein; Skip quickly-digested processed grains and sweets</li> </ul>	<p>You <b>ARE</b> what you have (or haven't) eaten-especially in the morning when your body has been without nourishment all night!</p> <p>Will your home's children have eaten "nothing" going to class or have eaten a breakfast that adds to their brain power?</p>	<p>Health tips for breakfast:</p> <ul style="list-style-type: none"> <li>* Less processed food usually means less sodium content-a better choice for our hearts</li> <li>* Foods with less than 35% sugar fit the bill- use little or no sugars</li> <li>* Don't add saturated fats like milk fat, fatty meats, or hard margarine- over time they fill our blood vessels with plaque</li> </ul>
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\*Variety adds to the fun of breakfast: Remember color, texture, flavor, and temperature variations can create a new favorite out of an old standby. See **HOW TO** and **Hot Cereal Variations** for ideas.

Plan for a breakfast at least as healthy as one at school that uses the following components:

Component	HOW TO Vary the Component
<b>Milk: 8 oz= 1 portion</b> <i>Skim or 1%, or milk alternative, like soy milk</i>	Drink it cold or hot; Use as the liquid to cook hot cereal ; Blend with fruit as a smoothie; Add to eggs to make an egg bake
<b>Grain/Bread: ¾ cup cereal or 1 slice = 1 portion</b> <i>Whole grain as the first ingredient or 100% whole grain</i>	Cold cereal (combine various cereals); Add fruit, seeds, nuts; Add milk or yogurt Whole grain breads: plain, as toast, French toast, or in egg bake; Black beans and rice; Sandwich made the night before
<b>Fruit: ½-1 cup</b> <i>Unsweetened fresh, frozen, canned, or dried; 100% fruit juice</i>	Whole fruit, chunks, slices; single fruit or in combination; yogurt parfait; add to or top whole grain pancakes or waffles; add dried to nuts, seeds, and whole grain cereal for trail mix
<b>Lean Protein or alternative : 1 oz;</b> <i>Yogurt; egg; low-fat cheese; seeds, nuts, and their butters; lean meat, fish, poultry; cooked dried peas and beans</i>	Yogurt, plain or with fruit or cereal, or on waffle or pancake; Scrambled, poached or hard-cooked egg; Poultry, meat, or fish alone or in egg bake; Low fat cheese with fruit or on toast; leftover protein item
<b>Vegetable-not listed for school breakfasts; but why not serve vegetables like in other countries</b>	Whole grain crackers or breads with low fat cheese and tomatoes, cucumbers, peppers, zucchini; vegetables in or salsa on egg dishes; 100% juice

### Hot Cereal Variations:

\*Microwave unsweetened whole grain hot cereals, like oatmeal, with skim milk which adds more protein, calcium AND richer taste...another way to increase protein is to add nuts, seeds, or their butters

\*Add wheat germ or ground flaxseed

\*Cook the cereal with dried fruit to sweeten it naturally: raisins, chopped dried mango, dates, bananas, apples, cranberries, pineapple, apricots, cherries

\* Add fresh or frozen fruit to cereal after cooking: berries, chopped apple, peach, apricot, banana

