

Eat A Healthy Breakfast

Breakfast is an important meal! Fuel up for the day!

Kids who eat breakfast are more likely to:

- Have more energy.
- Maintain a healthy body weight.
- 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.
- Get better nutrition.



Nutrition Facts

Serving Size 1 cup (28g)
 Children Under 4 - 1/4 cup (21g)
 Servings Per Container about 12
 Children Under 4 - about 16

Amount Per Serving	Cheerios	with 1% cup skim milk	Cereal for Children under 4
Calories	100	150	80
Calories from Fat	15	20	10

	% Daily Value**		
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0.5g	3%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0.5g
Monounsaturated Fat 0.5g			0.5g
Cholesterol 0mg	0%	1%	0mg
Sodium 140mg	6%	8%	105mg
Potassium 180mg	5%	11%	135mg
Total Carb 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
Protein 3g			2g

	% Daily Value**		
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	2%	10%	2%
Niacin	25%	25%	35%
Vitamin B ₆	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B ₁₂	25%	30%	30%
Phosphorus	10%	20%	8%
Magnesium	8%	10%	10%
Zinc	25%	30%	30%

*Amount in cereal. A serving of cereal plus skim milk provides 3g total fat, less than 5mg cholesterol, 200mg sodium, 300mg potassium, 8g total carbohydrate (7g sugars), and 8g protein.

**Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

TEEN TIPS

- Lean ham, low-fat cheese, or peanut butter on whole wheat toast
- Hard boiled egg with fruit
- String cheese with whole wheat pita bread, reduced fat Triscuit™, or reduced fat Wheat Thins™
- Corn or whole wheat tortilla with melted low-fat cheese
- Breakfast smoothie: 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 pizza sauce)
- Nonfat yogurt topped with fresh or frozen berries and a whole grain cereal



HUNGER CONTROL

Choose whole grain breads and cereals. The fiber in them may help you feel full longer. On the food label, look for:

- Whole wheat flour or whole grain oats listed as the first ingredient
- Cereals with 3 or more grams of fiber per serving
- Breads with 2 or more grams of fiber per slice
- Crackers with 3 or more grams of fiber per serving

BREAKFAST CEREALS/BARS

The following cereals/bars contain at least 3 grams of fiber and less than 8 grams of sugar per serving.

- | | |
|------------------------|------------------|
| Kix™ | Kashi Honey |
| Cheerios & Multi-Grain | Sunshine |
| Cheerios™ | Quaker Oat Bran™ |
| Toasted Oats | Wheat Chex & |
| Quaker Crunchy Corn | Multi-Bran Chex™ |
| Bran™ | Mini-Wheats™ |
| Fiber One Original™ | Quaker Oatmeal |
| Wheaties™ | Squares™ |

Hot Cereals:

- Oatmeal
- Low Sugar Instant Oatmeal
- Kashi Heart to Heart

Cereal Bars:

- Quaker 25% Reduced Sugar Bars™ (PB chocolate chip/Chocolate chip)

MY GOAL: _____

5 STAR BREAKFAST



How can you tell if your child is eating a healthy breakfast?
The goal is to earn at least 5 stars. Give yourself a star for:

- ★ Eating breakfast.
- ★ Each food from a different food group (except no stars for the fats & sweets category).
- ★ Selecting a whole grain food (choose from the examples provided).

BREAKFAST MAKEOVERS

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

BREAD/CEREAL

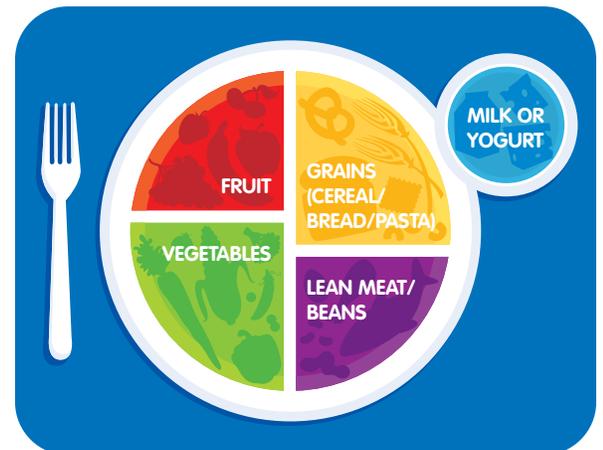
- Whole wheat bread or toast
- Whole grain cereal, non-sugary
- Whole wheat or corn tortilla
- Whole wheat English muffin
- Whole wheat pita bread
- Whole wheat crackers
- Oatmeal, oat bran or low sugar instant oatmeal
- Brown rice

PROTEIN

- Peanut butter, 1 T
- Egg, 1
- Beans, 1/2 cup
- Turkey bacon or turkey sausage
- Lean ham, Canadian bacon, 1 oz.
- Low fat cheese/string cheese, 1 oz.
- Low fat cottage cheese, 1/2 cup

FRUITS/VEGETABLES

- Banana
- Apple
- Pineapple
- Kiwi
- Berries
- Plum
- Pear
- Cherries
- Orange
- Melon
- Peach
- Grapes
- Zucchini
- Tomato
- Pepper
- Onion
- Mushroom
- Spinach



BEFORE

Typical breakfast on weekdays:

Typical breakfast on weekends:

AFTER

Typical breakfast on weekdays:

Typical breakfast on weekends: