

Breakfast Makes a Difference

Do you:

- Eat breakfast?
- Include a variety of foods from MyPyramid?
- Make sure your family eats a healthy breakfast?



A good breakfast can help you make the most of your day. It is important for everyone but especially important for children.

Children who eat breakfast:

- Perform better in school.
- Have fewer accidents.
- Stay healthier than children who do not eat breakfast.

Adults who eat breakfast:

- Have more energy.
- Concentrate better.
- Avoid feeling tired, irritable, and hungry.
- Control their weight better.
- Have lower risk of developing heart disease.

Could you:

- Eat almost anything for breakfast?
- Get a balanced breakfast by choosing a variety of foods?
- Keep quick and easy breakfast foods on hand for when time is short?
- Try something new for breakfast?

A healthy breakfast can include just about any food from MyPyramid. Keep quick and easy foods on hand:

- Cereal
- Milk
- Crackers and peanut butter
- Fruit or juice
- Cheese
- Breakfast bars
- Bagels
- Hard-boiled eggs

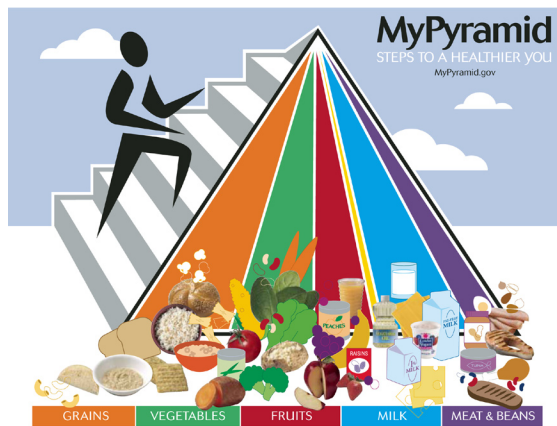
Try Something New!

- Spread banana or apple slices with peanut butter.
- Top a bowl of cereal with a scoop of vanilla yogurt.
- Warm up leftover pizza, chicken soup, or stew.
- Melt cheese on a piece of toast and top with a slice of tomato.

Breakfast is a perfect time for you and your children to enjoy a meal together as a family.

Pack a sack breakfast the night before if you are on the run. Not on the run? Breakfast is a perfect time for you and your children to enjoy a meal together as a family. You can set a good example for your children by eating a variety of foods and by drinking milk.

Breakfast should supply one-fourth to one-third of your total calorie needs for a day. Your gender, age, and activity level determine the amount of food you need each day.



Rate Your Breakfast

Consider MyPyramid. In the space below, list the foods that you ate or drank for breakfast this morning from each of the food groups.

Grains: _____

Vegetables: _____

Fruits: _____

Milk: _____

Meat, poultry, fish, dry beans, eggs, and nuts:

Did your breakfast include a serving from at least three of the food groups?

YES/NO

How many discretionary calories did your breakfast contain?

Here are some sources of discretionary calories that are commonly found in breakfast menus:

Butter or margarine	36 calories/teaspoon
Cream gravy	96 calories/¼ cup
Jelly or jam	55 calories/teaspoon
2% milk	35 extra calories/cup
Whole milk	60 extra calories/cup
Flavored milk	50 extra calories/cup
Syrup	52 calories/teaspoon
Sugar	16 calories/teaspoon
Doughnut, cake	125 calories
Danish pastry	275 calories
Bacon, 3 slices	109 calories

How many discretionary calories did your breakfast contain?

How many discretionary calories does your MyPyramid eating plan allow per day?

Plan a Healthy Breakfast

Breakfast is an important meal for weight watchers. People who skip breakfast often overeat at other meals or end up snacking on high-calorie foods. Keep calories low by planning a breakfast that fits into your MyPyramid eating plan, watching portion sizes and using some low-calorie tips:

- Use low-fat or fat-free dairy products.
- Use the extras, such as margarine, butter, jelly, and syrup, in very small amounts.
- Choose fresh fruit or unsweetened fruit juices.
- Select canned fruits packed in juice or light syrup.
- Choose a slice of bread, toast, half an English muffin, or half a bagel rather than a biscuit or muffin, which are higher in fat and calories. Avoid doughnuts, sweet rolls, and coffee cakes that are high in calories and fat. Select whole-grain foods from the grains group at least half the time.
- Get 30 minutes to one hour of physical activity each day. Take a walk before or after breakfast each day.

Low-Calorie Breakfast Menu Ideas

Sample Menu 1		
Food	Portion	Calories
Orange juice	¾ cup	83
Whole grain cereal	1 cup	105
Milk, 1% or less	1 cup	102
Toast	1 slice	65
Margarine, light	1 teaspoon	17

Sample Menu 2		
Food	Portion	Calories
Cantaloupe	½ cup	15
Egg	1	80
Whole-grain bagel	½ bagel	165
Margarine, light	1 teaspoon	17
Milk, 1% or less	1 cup	102

In the space below, plan a healthy breakfast. Plan to meet one-fourth to one-third of your daily calorie needs, based on your MyPyramid eating plan. Include foods from at least three different food groups. Make half your grains whole.

My Healthy Breakfast Menu		
Food	Portion	Calories

Should you:

- Eat breakfast every day?
- Try a new breakfast recipe?
- Let your children help plan and prepare breakfast?

Children are more likely to eat breakfast if they help plan and prepare the meal or a recipe. Let them help you make toast, pour dry cereal in bowls, or set the table. Let them choose their favorite breakfast food and plan the rest of the breakfast around their “special” food. Help your children get into the habit of eating breakfast every day.

Strawberry Yogurt Smoothie



1½ cups fat-free milk

1 container (8 ounces) low-fat vanilla yogurt

1 cup fresh or frozen strawberries

Place all ingredients in blender in order listed. Cover. Blend on high speed until smooth. Serve immediately.

Three 1 cup servings

Source: American Dairy Association & Dairy Council Mid East, Drink-milk.com. Retrieved June 20, 2006 from <http://www.adadcmideast.com/recipes/StrawberrySmoothie.htm>

Smoothies are easy to prepare and are very popular. These delicious drinks can give us a boost throughout the day. Try different fruits for different tastes. Take advantage of lower prices of fruit when in-season. If you can't eat all the fruit before it gets too ripe, consider freezing it in 1 cup quantities to use in future recipes.

Nutrition Facts	
Serving Size 1 cup (246g)	
Servings Per Container 3	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 115mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 18g	
Protein 8g	
Vitamin A 6%	• Vitamin C 50%
Calcium 40%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from: *Breakfast Makes a Difference, and Building a Healthy Diet (ENP 14) North Central Region publication #601, 2006*

Prepared by Cathy Peterjohn, former Extension Program Specialist for Food and Nutrition, and Frances Hackworth, former Area Extension Agent for Food and Nutrition

Revised by Sarah Ball Brandl, MS, Extension Specialist for Nutrition Education Programs

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, M. Scott Smith, Director of Cooperative Extension Service, University of Kentucky College of Agriculture, Lexington, and Kentucky State University, Frankfort. Copyright © 2007 for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice. Publications are also available on the World Wide Web at www.ca.uky.edu.

Revised 10-2007