



Breaking-The-Fast

“Starting your day without breakfast, is like trying to drive a car without fuel.”

By the time you wake up in the morning, it has been 8-12 hours since you have last eaten. When you are told, “Breakfast is the most important meal of the day,” take note! By morning, your activity and energy levels are low. Start your day with a well balanced meal. It will give you a jumpstart for the day. Research shows that children who eat breakfast do better in school, are more creative, have better concentration in class, perform better on tests, and have fewer behavioral problems. Adults who eat breakfast tend to do better at work, snack less, and get more nutrients each day than adults who skip breakfast.

When it comes to choices, nothing beats a bowl of cereal! People who start their day with cereal eat less fat during the day, eat more fiber, and get 20 percent more essential nutrients than people who do not eat cereal. Cereal is fortified with vitamins and minerals. It provides nutrients that may be missed at other meals. Choose cereals that are low in sugar, like bran flakes or oatmeal. Use sugar cereals less often or mix them with healthier choices. If you are rushed at breakfast, choose options under “Breakfast on the Run.”

Be sure to try and include at least 3 food groups in your breakfast plans.

Breakfast Options	Non-Traditional Options	Breakfast on the Run
<ul style="list-style-type: none"> ▪ Bowl of cereal with low-fat or fat-free milk ▪ Peanut butter toast ▪ Pancakes ▪ Frozen whole grain waffles ▪ Oatmeal ▪ 100% fruit juice ▪ Cream of wheat ▪ Eggs, veggie omelet ▪ French toast 	<ul style="list-style-type: none"> ▪ Sandwiches ▪ Slice of pizza ▪ Tortillas with filling (your choice) ▪ Leftover spaghetti or macaroni and cheese ▪ Soup ▪ Yogurt parfait (yogurt, cereal and fruit) ▪ Cottage cheese and fruit ▪ Any healthy leftovers 	<ul style="list-style-type: none"> ▪ Grab some fruit and go ▪ Make your own trail mix, put in a bag to go (cereal, raisins, nuts, dried fruit) ▪ Hard boiled eggs ▪ Apples and cheese crackers ▪ Whole grain muffins ▪ Low-fat or fat-free yogurt ▪ Bagel with peanut butter ▪ Glass of milk

Know how. Know **now.**

Banana Split Oatmeal

Makes 1 serving

1/4 cup quick cooking oatmeal

1/8 teaspoon salt (optional)

1/2 cup very hot tap water

1/2 banana, sliced

1/2 cup strawberry, vanilla, or chocolate frozen yogurt or low-fat ice cream



1. In a small microwave safe bowl, mix together oatmeal and salt.
2. Stir in water. Microwave for 1 minute. Stir.
3. Microwave for another minute. Stir.
4. Microwave an additional 30-60 seconds or until thickened. Stir again.
5. Top with banana slices and frozen yogurt or low-fat ice cream.

Nutrition Information per serving: 210 calories, 5 g fat, 2.5 g saturated fat, 15 mg cholesterol, 350 mg sodium, 39 g carbohydrates, 2 g fiber, 30 g sugar, 5 g protein, Vitamin C 10%, Calcium 10%