

Learning About Breakfast

Handout 1

List the foods you had for breakfast this morning:

The last time you ate yesterday was (mark clock with solid line):

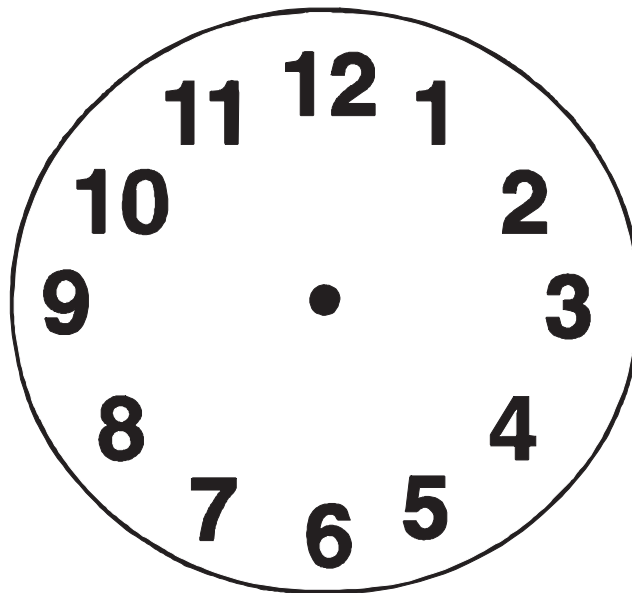
The first time you ate today was (mark clock with dotted line):

The number of hours you went without eating: _____

The time you got up today: _____

Did you go more than two hours before you ate breakfast?

If yes, your reason(s) for skipping breakfast: _____



My mini-goal: _____



List food from each food group that you might eat for breakfast:

Grains	Vegetables	Fruits	Milk	Meat and Beans
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Use the foods listed above to plan some breakfast menus

Menu 1	Menu 2	Menu 3
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Ideas to help you take time for breakfast:

- Set the table the night before.
- Mix the juice the night before.
- Set the alarm to ring 10 minutes earlier.
- Plan a “sack breakfast” that you can prepare the night before and eat in the car or at your desk at school or work. An example might be a muffin, a banana and juice in a travel mug.
- Use the microwave to prepare single servings of hot cereals, such as oatmeal or cream of wheat.
- Have children prepare their own breakfast from easy-to-prepare food choices.

Other ideas: _____

Low-fat cereals:

High-fiber cereals:

Low-fat convenience breakfast foods:

High-fiber convenience breakfast foods:

Which breakfast is better? Circle the most nutritious choice in each pair.

Menu 1

2 scrambled eggs
2 strips of bacon
2 slices of toast, 2 teaspoons margarine
3/4 cup orange juice

Calories: 507
Calories from fat: 234
Fat: 26g
Fiber: 1.5 g
Vitamin A: 21%
Calcium: 12%
Vitamin C: 128%
Iron: 18%

Menu 3

1 slice of lean ham
1 toasted English muffin
3/4 cup vegetable juice
1 cup coffee

Calories: 341
Calories from fat: 108
Fat: 12g
Fiber: 1.5 g
Vitamin A: 42%
Calcium: 12%
Vitamin C: 83%
Iron: 16%

Menu 5

1 glazed doughnut
1 cup of coffee

Calories: 247
Calories from fat: 126
Fat: 14g
Fiber: 1 g
Vitamin A: 0%
Calcium: 3%
Vitamin C: 0%
Iron: 7%

Menu 2

1 bowl of oat cereal
1 slice of toast, 1 teaspoon margarine
1 banana
1 cup fat free milk

Calories: 380
Calories from fat: 63
Fat: 7g
Fiber: 5g
Vitamin A: 35%
Calcium: 37%
Vitamin C: 41%
Iron: 26%

Menu 4

1 sausage and egg biscuit
3/4 cup orange juice
1 cup coffee

Calories: 669
Calories from fat: 351
Fat: 39g
Fiber: 1.5g
Vitamin A: 3%
Calcium: 2%
Vitamin C: 121%
Iron: 11%

Menu 6

1 bran muffin
1 cup nonfat yogurt
1/2 cup strawberries

Calories: 289
Calories from fat: 36
Fat: 4g
Fiber: 2g
Vitamin A: 2%
Calcium: 50%
Vitamin C: 73%
Iron: 14%

Adapted from: Learning about breakfast. 2000. Connie Betterley, M.S., R.D., EFNEP coordinator; Pat Anderson, Susan Klein, and Jill Weber, ISU Extension nutrition and health field specialists; and Laura Sternweis, ISU Extension communication specialist. Iowa State University.

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