Breakfast Makes a Difference

Cathy Peterjohn  
*University of Kentucky*

Frances Hackworth  
*University of Kentucky*

Sarah Brandl  
*University of Kentucky, sbrandl@uky.edu*

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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:

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter or margarine</td>
<td>36 calories/teaspoon</td>
</tr>
<tr>
<td>Cream gravy</td>
<td>96 calories/¼ cup</td>
</tr>
<tr>
<td>Jelly or jam</td>
<td>55 calories/tablespoon</td>
</tr>
<tr>
<td>2% milk</td>
<td>35 extra calories/cup</td>
</tr>
<tr>
<td>Whole milk</td>
<td>60 extra calories/cup</td>
</tr>
<tr>
<td>Flavored milk</td>
<td>50 extra calories/cup</td>
</tr>
<tr>
<td>Syrup</td>
<td>52 calories/tablespoon</td>
</tr>
<tr>
<td>Sugar</td>
<td>16 calories/teaspoon</td>
</tr>
<tr>
<td>Doughnut, cake</td>
<td>125 calories</td>
</tr>
<tr>
<td>Danish pastry</td>
<td>275 calories</td>
</tr>
<tr>
<td>Bacon, 3 slices</td>
<td>109 calories</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Food</th>
<th>Portion</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange juice</td>
<td>¾ cup</td>
<td>83</td>
</tr>
<tr>
<td>Whole grain cereal</td>
<td>1 cup</td>
<td>105</td>
</tr>
<tr>
<td>Milk, 1% or less</td>
<td>1 cup</td>
<td>102</td>
</tr>
<tr>
<td>Toast</td>
<td>1 slice</td>
<td>65</td>
</tr>
<tr>
<td>Margarine, light</td>
<td>1 teaspoon</td>
<td>17</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Food</th>
<th>Portion</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cantaloupe</td>
<td>½ cup</td>
<td>15</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
<td>80</td>
</tr>
<tr>
<td>Whole-grain bagel</td>
<td>½ bagel</td>
<td>165</td>
</tr>
<tr>
<td>Margarine, light</td>
<td>1 teaspoon</td>
<td>17</td>
</tr>
<tr>
<td>Milk, 1% or less</td>
<td>1 cup</td>
<td>102</td>
</tr>
</tbody>
</table>

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


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.