

# Breakfast Bonanza



## Top 10 Reasons to Eat in the AM

- 1 Start the day right.** Eating in the morning is the easiest and tastiest way to energize your day and to reduce your stress level before it gets started.
- 2 Change your family's attitude.** It's a fact; eating breakfast makes kids more positive, less irritable, and more fun to be around, all morning long!
- 3 Improve kids' performance at school.** Breakfast is the quickest and tastiest way to help kids do better on special tests and everyday classroom work.
- 4 Improve your performance at work.** Breakfast works for you too. It can help you concentrate on your work, boost your morale, and do a better job.
- 5 Improve everyone's physical performance.** Breakfast provides fuel for school sports, lunchtime basketball games, or neighborhood power-walks.
- 6 Help your family maintain a healthy weight.** Breakfast eaters have an easier time controlling their weight than breakfast skippers.
- 7 Get the nutrients your body needs.** Breakfast eaters get more vitamins and minerals - nutrients you need to fight infections and stay healthy.
- 8 Look great and feel better.** Breakfast helps put a sparkle in your eyes, a shine to your cheeks, and a smile on your face - what a way to start the day!
- 9 Set a super example for your kids.** If you enjoy eating well in the morning, your kids will too! *Eat Healthy. Eat Breakfast.* - your kids are watching.
- 10 Enjoy the great taste of eating well.** With old favorites or adventurous new ones, wake up your taste buds with the delicious flavors of health.

Whatever you do...**eat breakfast.**

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## Hot Tips for Cool Parents

Busy mornings can sometimes make even a simple meal seem like a big hassle - but breakfast really does matter for kids and adults. With a few easy steps you can get your family into the breakfast mode and wake up everyone to a healthy start each day. All it really takes is a few extra minutes and just a little planning. Use these tips to make delicious breakfasts an everyday reality at your house.

### BE REALISTIC

If you have a family of breakfast skippers, make small changes in morning habits. Start with a glass of milk, juice, or a piece of fruit. Then gradually add other foods that are quick and tasty.

### BE FLEXIBLE

There's no need to worry about your breakfast choices on any one day. If you enjoy bacon, eggs, and home fries one morning, balance your intake with creamy oatmeal, raisins, and fat-free milk the next.

### BE ADVENTUROUS

Expand your morning selections to include a variety of tastes and textures. Try "unbreakfast" foods like pasta, rice, potatoes, or soup. Explore the grocery aisles for new taste sensations.

### BE SENSIBLE

Enjoy all foods, just don't overdo it. If your kids like sugar-coated cereals, mix them with whole grain varieties occasionally. Or serve higher fiber muffins and breads on alternate mornings.

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## Nutrition-to-Go

Busy families need Grab-n-Go breakfasts. Here are some tasty ways to have your morning meal on-the-run. It's quick and easy to get all the benefits of breakfast even if you're eating in the car, on the bus, or at your desk. Try one of these ten delicious combos tomorrow morning and the whole family will rise, shine, AND save time!

- **A bagel with a slice of low-fat cheese and apple juice.**
- **A banana, a piece of string cheese, and a mini-muffin.**
- **A tortilla wrap with slices of low-fat ham and cheese.**
- **An English muffin with peanut butter and some milk.**
- **A carton of yogurt, a low-fat granola bar, and juice.**
- **An apple, a whole wheat roll, and a hard-boiled egg.**
- **A peanut butter and jelly sandwich with milk.**
- **A shake or smoothie with yogurt, fresh or frozen fruit, and milk.**
- **A piece of leftover pizza with orange juice.**
- **A baggie of trail mix and a carton of milk.**

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## Nutrition-at-Home

Breakfast at home can be as easy as 1-2-3! The ideal breakfast includes quick and easy selections from at least three of the five food groups from the Food Guide Pyramid to assure that important vitamin and mineral needs are being met. Put them altogether and you've got a morning boost for a high energy day. Let your family create tasty combos or try one of the these guaranteed-to-please ideas!

- **Toaster waffles with applesauce or berries and milk.**
- **Breakfast burritos with scrambled eggs and veggies.**
- **English muffin pizza with tomato sauce and mozzarella cheese.**
- **Cereal (mix your favorites), sliced banana, and milk.**
- **Yogurt parfait with layers of granola and dried fruit.**
- **Grilled ham and cheese sandwiches with veggie juice.**
- **Microwave quesadillas with cheese and salsa.**
- **Pancakes with sliced peaches and vanilla yogurt.**
- **Breakfast bars, fruit salad, and milk.**
- **Leftovers of your choice with fruit juice or milk.**

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## Great Grab-n-Go Breakfast Item Shopping List

### **Beans and Legumes**

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- *Look for whole and refried varieties  
canned*

### **Breads, Bagels, and English Muffins**

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- *Choose whole grain/wheat, oat, and rye varieties more often.*
- *Look for varieties with 2 or more grams of fiber per serving.  
fresh and frozen*

### **Cereal**

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- *Choose whole grain/wheat and oat varieties more often.*
- *Look for varieties with 2 or more grams of fiber per serving.  
instant hot  
single serve boxes and cups*

### **Cheese**

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- *Choose mozzarella, parmesan, feta, low-fat cottage, and Neufchatel/light cream cheese more often  
block  
cubed  
shredded  
sliced  
string cheese & other cheese sticks*

### **Crackers**

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- *Choose whole grain/wheat, oat, and rye varieties more often.*
- *Try convenient snack packs of crackers filled with cheese or peanut butter.*

### **Eggs**

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- *Hard boil for convenience.*

### **Frozen, Low-Fat Pasta and Rice Entrees**

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microwavable

### **Frozen Toaster Waffles**

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### **Fruit**

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- *Choose those canned in natural juice or light syrup.*
- *Try snack sizes with pull-off lids.  
canned  
applesauce  
apricots  
mandarin oranges  
mixed fruit  
peaches  
pears*

## Great Grab-n-Go Breakfast Item Shopping List cont.

### **Fruit continued**

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- *Choose bulk and bagged varieties for convenience and cost savings.*

#### **fresh**

apples  
bananas  
grapes  
kiwi  
nectarines  
oranges  
pears  
plums  
raisins and other dried varieties

### **Fruit Filled ‘Newtons’**

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- *Try generic or store-brand varieties.*

### **Health Shakes**

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- *Boost, Ensure, Carnation Instant Breakfast, Nestle Sweet Success, Slimfast and other varieties.*

### **Juice**

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- *Choose fruit and vegetable juice made with 100% juice.*
- *Look for added calcium.*

### **Low-Fat Lunch Meat and Fish**

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- *Choose turkey, chicken, lean ham, very lean roast beef, and tuna fish canned in water more often.*

### **Milk**

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- *Choose low fat or fat free varieties more often.*
- *Try regular and flavored single serves.*

### **Mixed Nuts**

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- *Choose bulk varieties for convenience and cost savings.*

### **Peanut Butter**

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### **Salsa**

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### **Soup**

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**canned, dried cup, and microwavable varieties**

### **Soy Beverages**

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- *Choose calcium fortified varieties.*

### **Yogurt**

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## “Where’s YOUR Milk Mustache?”

By now almost everyone in America is familiar with the dairy industry’s milk mustache campaign. You’ve probably enjoyed the ads, billboards, and posters yourself! Well - now it’s time to put the milk mustaches to work in your community. You can use the campaign’s popularity to promote drinking milk - especially drinking milk for breakfast. We’ve included two mustache recipes (guaranteed to take great photos) and several suggested mustache activities.

### Mustache Recipe #1

Take a couple tablespoons of vanilla yogurt and add milk to make a thick paint - probably no more than 1-2 tablespoons. Make it thick enough to paint on and show up without it looking like pudding. The thickness of the yogurt will determine how much milk to add. It is fairly easy to paint on with an artist paintbrush and wipe off with a napkin.

### Mustache Recipe #2

Use vanilla ice cream and whole milk. Put ice cream in the fridge (not freezer) at 9:00 am the day before the photos and let it melt down all day. Combine 2 cups of melted ice cream with 1 cup of milk in a blender. Blend slowly until you get the desired consistency. Each batch can be different, so it’s trial and error. Try whipping up a batch or two before the event to get the feel for the perfect milk mustache mixture. It should be the consistency of melted ice cream. Tip: Yogurt also works well and can be added for more thickness. In our experience, the whiter the color the ice cream is, the better consistency you’ll get.

### LIVE MILK MUSTACHE CONTESTS

Paint mustaches on kids (and adult celebrities). Let kids vote for their favorite - or the biggest, or the handsomest, or the funniest mustaches!

### GROUP MUSTACHE PHOTOS

Take group photos with mustaches - and publish them in your local newspaper. Invite the “real” newspaper and TV stations to cover the event.

### INDIVIDUAL MUSTACHE PHOTOS

Take individual photos of kids with mustaches - and post in the school cafeteria. Allow the whole school to vote for the best, weirdest, coolest, etc. mustache on the wall (and give the winners a milk-related prize). OR - give each kid their own mustache photo and allow them to write the copy for their personal “Where’s your mustache” poster.

### HOT TIP

Look for volunteer photographers from your school or community. Some possibilities are: students in photo club/class; parents with cameras; and news and professional photographers.