



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

October 2011

Start Your Day

Eat breakfast with your children.

Your child will want to eat breakfast, if you take time to sit down and eat together. It's a great way to start the day - talk about what you and your children plan to do during the day.

Children who eat a healthy breakfast are more likely to:

- ✓ Feel better and be happy.
- ✓ Be more alert.
- ✓ Be more creative.
- ✓ Have more energy and be active.

What you eat at breakfast is important.

Donuts, sweet rolls, pastries and other foods
high in fat and sugar
are **NOT** good choices for breakfast.

Satisfy your child's hunger with healthy foods.

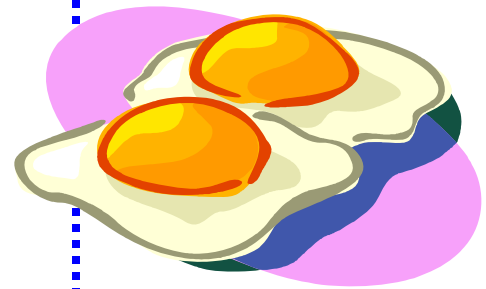
Choose breakfast foods from the five food groups:

- ★ Whole Grains
- ★ Lean Protein Foods
- ★ Fruits
- ★ Vegetables
- ★ Low-fat or fat-free Dairy Foods



9 Easy Breakfast Ideas

- ☺ Whole-grain breakfast cereal with fresh fruit and low-fat milk.
- ☺ Scrambled egg and a piece of whole-wheat toast or English muffin.
- ☺ Smoothie made with fruit and low-fat yogurt.
- ☺ Bowl of oatmeal and glass of juice.
- ☺ Low-fat or fat-free yogurt with chopped fruit.
- ☺ Peanut butter on whole wheat tortilla, topped with sliced bananas, and rolled up.
- ☺ Pancakes or waffles with fruit.
- ☺ Slice of ham or turkey served on toast or rolled up in a tortilla.
- ☺ Dry whole-grain breakfast cereal and chopped kiwi or banana.



What Can You Do?

- Cook the Breakfast Pudding for my family.
- Choose healthy foods for breakfast.
- Eat breakfast with my children.
- Other: _____

Breakfast Pudding

Use leftover cooked rice to make this pudding.



- 4 cups skim or 1% milk
 - 2 tablespoons sugar
 - 1 teaspoon vanilla
 - 2 cups **cooked** brown rice
 - $\frac{1}{2}$ cup raisins
 - $\frac{1}{4}$ teaspoon cinnamon
1. Combine milk, sugar and vanilla in a medium saucepan. Bring to a boil over medium heat, stirring often so the milk doesn't burn.
 2. Add the cooked rice, raisins and cinnamon to the hot milk. Simmer over low heat, stirring often. Cook until the milk is absorbed and the rice is creamy, about 20 to 30 minutes.
 3. Place pudding in serving dishes or a large bowl. Chill in the refrigerator overnight or serve warm.

When ready for breakfast...serve breakfast pudding with canned fruit packed in water or 100% fruit juice:

- Sliced peaches or pears
- Crushed pineapple
- Mandarin oranges

Or fresh fruit:

- Banana slices
- Strawberry slices
- Chopped grapes
- Blueberries or raspberries
- Chopped kiwi



University of California
Agriculture and Natural Resources



UC
CE

PLACER-NEVADA COOPERATIVE EXTENSION OFFICE
UNIVERSITY OF CALIFORNIA
11477 E AVENUE (*Building 306, DeWitt Center*)
AUBURN, CA 95603



Follow us on  www.twitter.com/nutritionBEST

Become Our Fan on  <http://www.facebook.com/pages/UC-Nutrition-BEST/310437520040>

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.



ROGER INGRAM, County Director
MICHELE FISCH, Nutrition BEST Program Representative

Nutrition Matters

KidFood is published 12 times a year.
Copyright 2011

The content of KidFood is not intended to provide medical advice.
This should be obtained from a qualified health professional.

**University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603
Phone: 530-889-7350
Fax: 530-889-7397
Email: ceplacer@ucdavis.edu
Website: <http://ceplacer.ucdavis.edu>**

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: service in the uniformed services includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services) in any of its programs or activities.

University policy also prohibits reprisal or retaliation against any person in any of its programs or activities for making a complaint of discrimination or sexual harassment or for using or participating in the investigation or resolution process of any such complaint.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, CA 94607, (510) 987-0096.