



# 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.

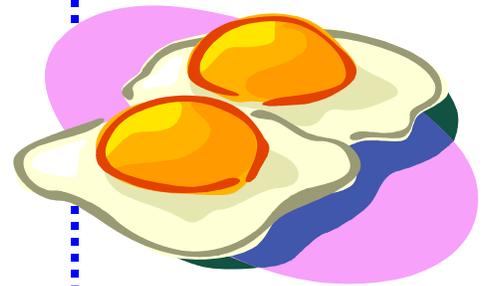
#### Choose breakfast foods from the five food groups:

- ★ 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.

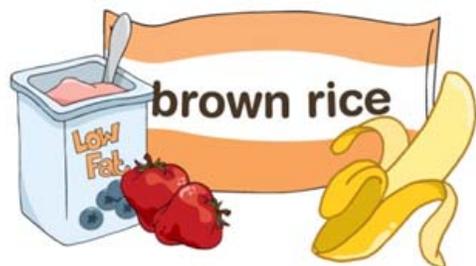


## What Can You Do?

- 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





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