



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

September 2014

## A Bowl of Cereal

**Breakfast cereals can be great breakfast food.**

Eating cereal can add fiber, iron, folic acid, and calcium to your child's diet. It can also be a breakfast low in fat and sugar, if you make the right choice.

**Read the label and choose the best!**

- **Choose whole grain cereals**—The extra fiber and nutrition helps to protect against cancer, heart disease, and diabetes.
- **Choose cereals high in iron**—Small children need plenty of iron for their growing bodies. Cereals with at least 45% DV for iron are the best choice.
- **Choose cereals low in sugar**—Cereals with 6 grams of sugar or less per serving are the best.
- **Serve cereal with skim or 1% milk.**
- **Top cereal with fruit**—Try sliced bananas, peaches, pears, strawberries, or blueberries.



### How much sugar is in your cereal?

Read the label.

4 grams of sugar = 1 teaspoon of sugar

Some cereals have 10 to 15 grams of sugar in a serving. These cereals have 2 to 3 teaspoons of added sugar.  
That's a lot of extra sugar!

You wouldn't want your child eating 3 teaspoons of sugar for breakfast.

Choose cereals with 6 grams of sugar or less in a serving - the best choice for your family.

## Do you skip breakfast?

Take time to eat in the morning.  
Eat your breakfast, and your child will too!  
Your child is watching you.

If you don't eat breakfast,  
you will probably feel tired in a couple  
hours. Your body needs energy.  
Food is energy.

## Use your blender

Make a breakfast shake for a quick and  
healthy start. Pour your breakfast shake  
into a sport bottle with a straw.

- ♥ Blend 1 cup skim milk, 1 cup strawberries or raspberries and  $\frac{1}{2}$  banana together.
- ♥ Blend 8 ounces low-fat yogurt and 1 cup orange juice together. Try different flavors of yogurt.
- ♥ Blend 1 cup skim milk, 1 cup peaches or pineapple, and 2 ice cubes together.

**Make it Green!** Add a handful of fresh spinach or kale to your shake. Blend!



## Eat Variety at Breakfast

Breakfast doesn't always have to be cereal, eggs, or toast. Any healthy food can be eaten at breakfast. Use your imagination.

### Here's some ideas:

- Ham or turkey sandwich
- Chicken or beef taco
- Macaroni or rice dish
- Tuna fish sandwich
- Small hamburger
- Leftovers from last night's dinner

## Breakfast Wrap

Scrambled eggs  
Chopped ham  
Salsa  
Whole wheat tortilla

1. Warm tortilla and ham in a microwave.
2. Top with scrambled eggs.
3. Add salsa if desired.
4. Roll up and eat!

## Start Your Day with Breakfast

We hurry to get ready for work, school and daycare.  
Our mornings can be so busy. Take time to eat!

Help your child learn a healthy eating habit - "Start every day with breakfast."

Children who learn to eat breakfast  
when young will continue to eat breakfast as teenagers and adults.

### Make breakfast quick and easy:

- ☺ Spread peanut butter on whole wheat toast or tortilla. Top with sliced bananas and roll up.
- ☺ Waffles topped with applesauce or strawberry flavored yogurt.
- ☺ Pancakes topped with peanut butter or applesauce.
- ☺ Eat banana bread, a blueberry muffin, or apple muffin with milk
- ☺ Top an English muffin with peanut butter.
- ☺ Whole wheat tortilla with sliced turkey, ham, or hummus.
- ☺ Serve a bowl of fruit with whole wheat toast.
- ☺ Mix your child's favorite cereals together.  
Bring along in a plastic bag.
- ☺ Try a Breakfast Wrap.



### What Can You Do?

- Buy breakfast cereals what are whole grain and low in sugar.
- Eat breakfast every day with my children.
- Make breakfast wraps with whole wheat tortillas.
- Other: \_\_\_\_\_





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