

Have a Healthy Breakfast

Healthy Lifestyles Program (HeLP) - Children's Mercy Family Health Partners



People who eat breakfast are more likely to...

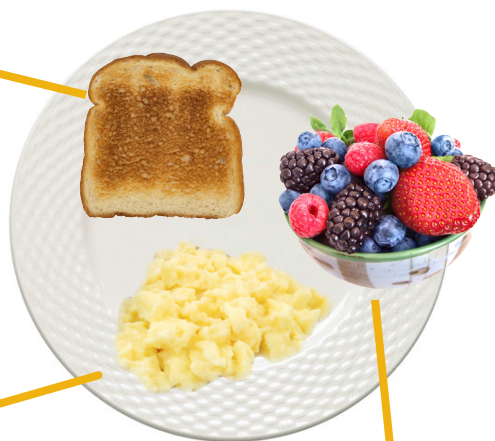
- Not overeat later in the day.
- Have more energy.
- Maintain a healthy weight.
- Work faster, make fewer mistakes, be more creative, and even score higher on tests.
- Meet their daily protein requirements and have higher nutrient intakes.

What should you eat for breakfast?

Choosing foods from each category will help you get the nutrients you need to jumpstart your day and make you feel satisfied. It will also help you maintain a healthy weight.

BREADS/CEREALS

- 100% whole wheat bread
- Whole grain cereal
- Whole wheat or corn tortilla
- Whole wheat English muffin
- Whole wheat pita bread
- Whole wheat crackers
- Oatmeal, Oat Bran or low sugar instant oatmeal



PROTEIN

- Peanut butter
- Eggs
- Beans
- Lean Ham or Turkey
- Canadian bacon
- Low fat cheese/string cheese
- Low fat cottage cheese
- Skim milk or yogurt

FRUITS/VEGETABLES

- Bananas
- Pears
- Zucchini
- Apples
- Cherries
- Tomato
- Pineapple
- Oranges
- Peppers
- Kiwi
- Melon
- Onion
- Berries
- Peaches
- Mushrooms
- Plums
- Grapes
- Spinach

QUICK TIPS

Breakfast foods on the go:

Lean ham, low-fat cheese, or peanut butter on whole wheat toast

Hard cooked egg with fruit

String cheese with whole wheat pita bread, reduced fat Triscuits™, reduced fat Wheatables™, or All Bran™ Crackers

Corn or whole wheat tortilla with melted low-fat cheese

Breakfast shake: blend 1% or skim milk or lite or non-fat yogurt with fresh or frozen fruit

Pizza (whole wheat English Muffin with low-fat cheese and spaghetti sauce

Nonfat yogurt topped with fresh or frozen berries

Granola bar with peanut butter and a cup of milk

Notes:

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Nutrition Facts

Serving Size ½ cup (114g) ←	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5% ←
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12% ←
Sugars 3g	←
Protein 3g	
Vitamin A 80%	• Vitamin C 60%
Calcium 4%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

Check the serving size

Try and choose foods that have:

- 3 or more grams of fiber per serving
- no more than 7 grams of fat per serving
- no more than 12 grams of sugar per serving



Hunger Control

Choose higher fiber breads and cereals - Fiber will make you feel full longer. On the food label, look for:

- Cereal: 3 or more grams of fiber per serving
- Bread: at least 2 grams of fiber per slice
- Crackers: at least 3 or more grams of fiber per serving
- Granola Bars: 3 or more grams of fiber and less than 12 grams of sugar per serving

Healthy Breakfast cereals and bars

The following cereals and bars contain at least 3 grams of fiber and less than 12 grams of sugar.

- | | |
|--------------------------------------|---|
| Cheerios & Multi-Grain Cheerios™ | All Bran™ |
| Mini-Wheats™ (Shredded or Flavored) | Kashi™ Hot Cereals - Oatmeal, Oat Bran, or |
| Wheat Chex, | Life™ Instant Oatmeal Products |
| Multi-Bran Chex™ | Curves™ Chewy Granola Bar |
| Smart Start Cereals™ | Fiber One Chewy Granola Bars™ |
| Crunchy Corn Bran™ | Quaker™ Low Sugar Granola Bars |
| Quaker Oatmeal Squares™ (any flavor) | All Bran™ (Brown Sugar Cinnamon or Honey Oat) |
| Grape Nuts™ & Grape Nut Flakes™ | Kashi™ (Peanut Butter, Honey Almond Flax, or Trailmix). |
| Raisin Bran*™ | |
| Quaker Oat Bran™ Kix | |

What will you eat for breakfast tomorrow?



Customer Service: **1-800-347-9363 MO; 1-877-347-9363 KS**
 Nurse Advice Line: **1-800-347-9369 24 hours a day**

This information is educational in nature and can be used as guide. However, it is not intended to replace a doctor's medical direction. If you have questions or concerns, talk to your doctor or healthcare provider.

Children's Mercy Hospitals and Clinics, Departments of Health Management & Nutrition Services, Healthy Lifestyle Team

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