



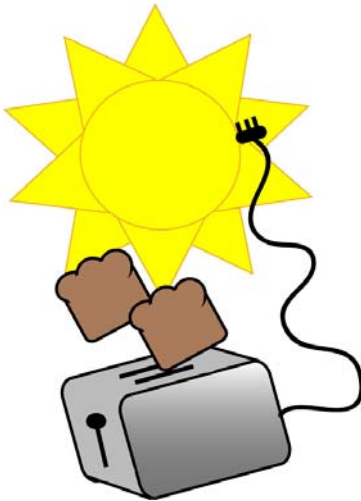
KidFood

Healthy Eating for Today's Kids

Nutrition Matters

September 2008

Good Morning!



Good mornings start with breakfast. Our mornings can be rushed sometimes. We hurry to get ready for work, school and daycare. Take time to eat!

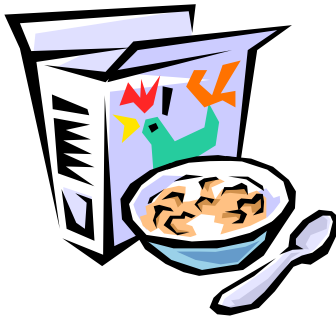
Help children learn healthy eating habits. Start every day with breakfast!

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

We know breakfast is important but there never seems to be enough time.

Make breakfast quick and easy for your family:

- ♥ Spread peanut butter on raisin toast and top with sliced bananas.
- ♥ Waffles topped with frozen strawberry yogurt.
- ♥ Pancakes topped with jam, peanut butter or applesauce.
- ♥ Cheese and crackers.
- ♥ Grilled cheese sandwich.
- ♥ Eat banana bread, a blueberry muffin or apple muffin with juice.
- ♥ Top an English muffin with peanut butter and jelly.
- ♥ Serve a bowl of applesauce with toast for a quick breakfast.
- ♥ Mix your child's favorite cereals together. Bring along in a plastic bag.
- ♥ Try a Wrapped Breakfast*!



Breakfast Cereals

Breakfast cereals are one of our best breakfast foods. 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—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.
- ♥ Choose cereals low in sugar—cereals with 6 grams of sugar or less in a serving are the best.
- ♥ Serve cereal with skim or 1% milk.
- ♥ Top cereal with fruit—try sliced bananas, peaches, pears, strawberries, blueberries, raspberries or raisins.

Sweet Cereals

Read the label for the best choice!
4 grams of sugar = 1 teaspoon of sugar



How much sugar is in your cereal?

Cereals with 6 grams of sugar or less in a serving are the best choices. Some cereals have only 1 or 2 grams of sugar in a serving.

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!

*Wrapped Breakfast

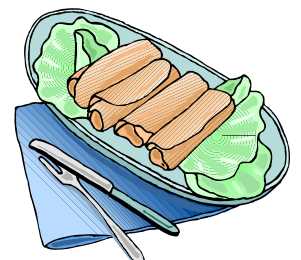
Roll up breakfast in a tortilla for fast food at home!

Ingredients:

Scrambled eggs
Ham slices
Salsa
Tortilla shells

Directions:

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



Apples

An apple a day...keeps children happy and healthy!



Apple Smiles—spread peanut butter between 2 apple slices. Add raisins for teeth. Enjoy!

Baked Apples—cut apples in half and remove core. Place in baking dish. Sprinkle with cinnamon. Cover and bake in a 350° oven for 20 minutes. Eat with a spoon.

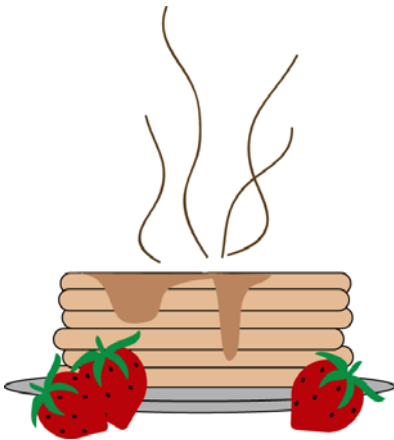
Apple Boats—core and slice apples. Mix peanut butter with crushed rice cereal. Spread peanut butter mixture on sliced apples. Make sails with cheese triangles and pretzels.

Apple Sauce—core and peel 8 cups of apples. Chop apples into small pieces. Place chopped apples and 1 teaspoon cinnamon in a large saucepan. Cover and cook over low heat until apples are tender, usually 30 to 45 minutes. Add a small amount of water if needed while cooking. Stir while cooking. Remove from heat and mash. Serve warm or chilled.

Apple Slice Pancakes

Ingredients:

- 1 fresh medium-size apple
- 1 cup pancake mix
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 egg
- 2 teaspoons canola oil
- 1 cup low-fat milk



Directions:

1. Lightly coat the skillet with cooking spray and heat over medium high heat.
2. Wash, peel, core and cut apples into rings.
3. In a medium mixing bowl, combine pancake mix, cinnamon, egg, milk, and oil. Stir until smooth.
4. Place apple rings on the skillet and pour pancake batter over each, starting at the center and covering the apple ring.
5. Cook until each side is lightly brown.
6. Remove from heat and serve.



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

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This should be obtained from a qualified health professional.

Nutrition Coalition

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SHARON K. JUNGE, NFCS Advisor

VICKY PANTELS, Program Representative

**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>**

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