



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

April 2006

Wake up with Breakfast and Love!

Everyone knows that breakfast is an important meal for children.

They need energy after sleeping 8 to 12 hours.

Children who eat breakfast are healthy and happy.

They also play and learn better.

Don't let your child start his day without it!

Breakfast also creates happy memories.

There is nothing quite as comforting as waking to the smell of breakfast - those delicious smells can make children want to jump out of bed and run to the kitchen.

Start your child's day with pancakes.

Children love pancakes!

They are quick and easy to make.

Make your pancakes extra special.

Dribble the batter in the skillet to make animal shapes - cats, dogs, bunnies, snakes and mice.

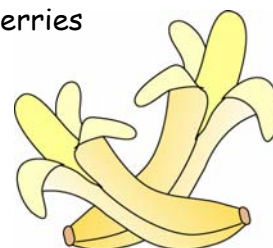
Ask your child to guess which animal shape you made.

Flavored Pancakes

Stir more flavor into your pancakes.

Add one of these ingredients to your batter:

- ☺ Sliced bananas.
- ☺ Berries - blueberries, raspberries or sliced strawberries.
- ☺ Finely chopped apples.
- ☺ Finely chopped ham.



Pancake Toppings

Try a variety of toppings!

- ☺ Spread peanut butter and jelly on pancakes.
- ☺ Top with peanut butter and sliced bananas.
- ☺ Top pancakes with fresh strawberries, raspberries or other berries.
- ☺ Top with applesauce and cinnamon.
- ☺ Top pancakes with fruit flavored frozen yogurt—try strawberry frozen yogurt.
- ☺ Top pancakes with yogurt - try a variety of flavors such as blueberry, peach or apple.
- ☺ Sprinkle powdered sugar on pancakes.

Pancakes can be a finger food!

Spread peanut butter and sliced strawberries or bananas on a pancake.

Roll up and eat with your hands!



The Morning Rush!

Mornings can be a rush!

We hurry to get ready for work, school and day care. And then we run out the door.

We know breakfast is important, but who has time to eat it?

Breakfast is important for both you and your child. Children who learn to eat breakfast when young will continue to eat breakfast as adults.

Help your child learn healthy eating habits - start every day with breakfast!

Don't have time to eat breakfast at home?

There are many easy breakfasts that you can take along to work or day care.

French toast is a great way to use extra bread and eggs.

Try a Grab and Go Breakfast:

- ☺ Cereal to go! Mix together your child's favorite breakfast cereals - bring along in a plastic bag.
- ☺ Spread peanut butter on toast. Try raisin toast with peanut butter.
- ☺ Try peanut butter and jelly rolled up in a tortilla.
- ☺ Spread peanut butter on a tortilla. Wrap around a small peeled banana. Roll up and eat!
- ☺ Sprinkle grated cheddar or mozzarella cheese on a tortilla. Fold in half and melt in the microwave.
- ☺ Cheese and whole grain crackers.
- ☺ Grab a slice of banana bread or blueberry muffin.

Eat your breakfast later in the morning - maybe at your morning break!

French Toast

- 3 eggs
- 1 cup skim milk
- Dash of cinnamon
- 8 slices of whole wheat bread



1. Combine eggs, milk and cinnamon in shallow dish. Beat with fork until well blended.
2. Dip bread slices into mixture. Coat each side of bread.
3. Place bread slices on hot skillet that has been sprayed with vegetable oil spray. Cook on each side until browned.

4 servings (serving size of 2 slices) - 208 calories, 6 grams fat, 26% calories from fat and 2 grams fiber per serving

Leftover French toast?

Leftover French toast can make a quick and easy breakfast later.

Cool French toast.

Separate slices with wax paper.

Place in freezer bags and freeze.

To serve - warm in a toaster and serve.



Breakfast Shakes

- ♥ Blend together 1 cup skim milk, $\frac{1}{2}$ banana, 1 cup strawberries, and crushed ice.
- ♥ Blend together 8 ounces low-fat yogurt and 1 cup orange juice.
Try different flavors of yogurt.
- ♥ Blend together 8 ounces low-fat yogurt and 1 cup skim milk.
Toss some berries into your shake and blend! Try blueberries, strawberries, raspberries, or black berries.
- ♥ Blend together 8 ounces low-fat yogurt and 1 cup peaches, canned in juice.

Get out your blender!

Try one of these breakfast shakes for a quick and healthy start!

Breakfast Fruits

Children, ages 2 to 3 need 1 cup of fruit each day.

Children, ages 4 to 8 need 1 to $1\frac{1}{2}$ cups of fruit each day.

Eating fruit for breakfast is a great start!

Drink a glass of juice.

Choose fruit juices that are 100% juice with no added sugar.

Limit juice to 4 to 6 ounces each day.

Enjoy juice at breakfast.

Drink water between meals.

Serve fresh or canned fruit on cereal.

Sliced bananas, strawberries, canned peaches or pears taste great on breakfast cereal.

Choose fruit canned in its own juice.

Eat fresh fruit.

Enjoy fruits in season - bananas, apples, oranges, kiwi, pineapple, peaches, pears, or berries.

Top pancakes, French toast or waffles with fruit.

Top with sliced bananas, applesauce, sliced peaches or pears, chopped kiwi, or berries.

Top your child's favorite yogurt with sliced fruit or berries.

Top with crushed graham crackers or granola!

Blend a breakfast shake!

Use fruit when it is in season. Fresh strawberries, peaches and blueberries are wonderful treats during the summer months!

Enjoy fresh fruit!



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

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Nutrition Coalition

Supported by First 5 Placer County
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SHARON K. JUNGE, County Director

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