

Start Your Day Right

Discussion

1. Ask participants to raise their hands if they ate breakfast this morning.

- Forty percent of kids don't eat breakfast.

2. Discuss some reasons why people may skip breakfast.

Some reasons include:

- lack of time,
- don't like traditional breakfast foods,
- feel sick in the morning, and
- desire to lose weight.

3. Discuss the rationale behind eating breakfast.

- Breakfast literally means "break the fast." The purpose of breakfast is to break your overnight fast and replenish nutrients you need to start a new day.
- If you skip breakfast, you could be going 12 or more hours without eating.
- Your body is like a car; it needs to be refueled.

4. What are the benefits of eating breakfast?

- Helps you perform at a higher level in school and in sports.
- Improves your physical and mental performance.
- Increases your ability to concentrate (increases attention span).
- Decreases irritability.
- Helps you maintain and achieve a healthy body size.
- Helps you meet daily nutritional needs.
- Helps lower blood cholesterol levels.
- Decreases absenteeism.

5. Discuss how you feel when you skip breakfast. What are the consequences?

- Possible answers: get headaches, feel sleepy, are less focused, feel irritable, grab sugared snacks/beverages to stop the hunger, overeat later in the day.

Learner Objectives

Participants will be able to:

- identify the benefits associated with eating breakfast;
- describe sensations associated with skipping breakfast;
- compare sugar content of select nutrition labels; and
- identify one goal or action (individually or as a group) related to eating breakfast.

Materials

- Paper plates
- Colored pencils/markers/crayons
- White paper



Breakfast Pitfalls and Solutions

Think about whether these breakfast pitfalls apply to you:

Breakfast is a missing link in my day.

I need some wake-me-up, tasty food choices added to my breakfast menu.

“I’m late!” is the phrase that comes to mind when I try to decide whether or not to eat breakfast.

If you’re tired of the same breakfast, mix it up. Try the following ideas, or create your own.

- Egg burrito (scrambled egg in tortilla wrap, with leftover cooked rice, potatoes, black beans, or veggie of your choice — onions and peppers are great!)
- Leftover veggie pizza or spaghetti
- Tortilla with low-fat cheese
- Fruit smoothies



Running Late?

Try these healthy tricks to get a good start on your day:

- Low-fat string cheese and whole-wheat crackers.
- Whole-grain cereal bar and skim milk.
- Dried fruit bits mixed in with dry cereal and eaten like a snack food, washed down with a glass of skim milk.
- Toast with peanut butter and bananas.
- Granola with dried or fresh fruit bits and yogurt.
- Make a large batch of pancakes or waffles and put them in the freezer. Re-heat for a fast and easy breakfast.

Rate Your Breakfast the 5-Star Way

Have youth write down everything they ate and drank for breakfast (if youth didn't eat breakfast, have them write down what they usually eat or what they like to eat for breakfast.) **The goal is to earn at least five stars.**

Give yourself one star for each choice from a different food group (no stars for fats and sweets category).

- **Grain group**
 - Examples: whole-wheat toast, whole-grain waffle.
- **Milk group**
 - Examples: skim milk, low-fat milk, yogurt, cheese.
- **Fruit group**
 - Examples: grape, apple, melon.
- **Meat group**
 - Examples: bacon, sausage, egg.
- **Vegetable group**
 - Examples: spinach, tomato, cucumber.
- **Give yourself another star if your grain was a whole grain. Also, just eating breakfast earns you another star.**

Drawing a Breakfast

Pass out paper plates.

Have youth draw a 5-star breakfast.

Include as many food groups as possible (grain, meat, milk, vegetable, fruit). Assume your grain products are sources of whole grain.

Get creative. Draw a meal with traditional breakfast foods and one with foods that are not usually eaten for breakfast (such as pizza).

Examples of a 5-Star Breakfast

- Eggs, bacon, whole grain toast, orange juice
- 3 food groups (meat, grain, fruit)
- Whole grain toast

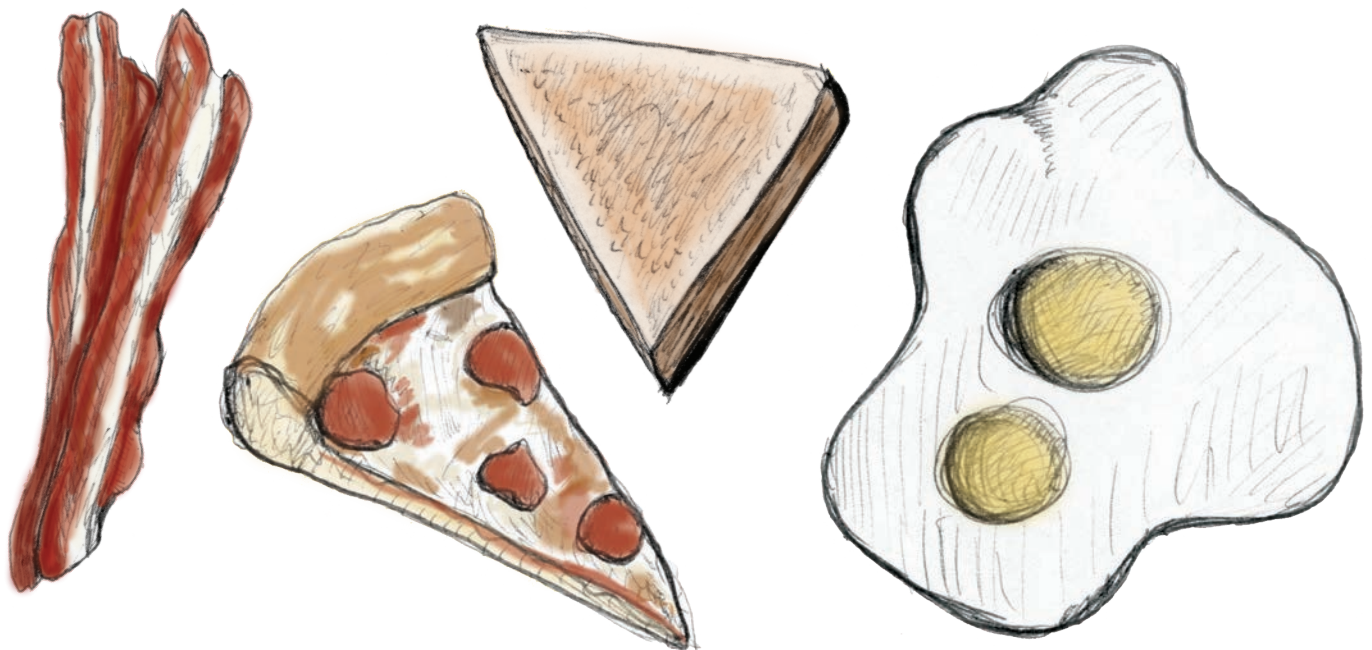
- Whole grain waffles, sausage links, yogurt, sliced fruit

- 4 food groups (grain, milk, meat, fruit)

- Whole-grain waffles

It is important to eat something for breakfast, even if it's not a five-star breakfast:

- glass of milk
 - yogurt
 - granola bar
- Eating something is better than nothing.



Resource Sheet

When it comes to breakfast, it is easy to get in a rut. Move beyond cold cereal and milk every morning with these tasty tips:

Fruit smoothies

- Blend low-fat milk or yogurt with fresh or frozen fruit. Try strawberries, bananas, peaches, and other fruits. Be creative and try different combinations.

Breakfast sandwiches

Be creative! Combine different foods to make your own breakfast sandwiches. Here are some ingredients to get you thinking:

- Breads and wraps: tortillas, whole-wheat bread, frozen waffles, English muffins, bagels
- Tasty fillings: apple slices, peaches, strawberries, chopped tomatoes, peanut butter, eggs, ham, cheese

Top 10 Breakfast Foods for Children	Top 10 Breakfast Food for Adults
Milk	Milk
Ready-to-eat cereal	Coffee and coffee drinks
White bread	Bread
Juice	Ready-to-eat-cereal
Eggs	Juice
Meat	Fruit
Fruit	Eggs
Breakfast pastries, donuts, granola bars	Cooked cereal
Cooked cereal	Meat
Pancakes	Breakfast pastries, donuts, granola bars

Calorie Comparison of Common Breakfast Choices

Calories per serving (standard serving sizes used)

Sources: USDA National Nutrient Database for Standard Reference

*One serving of cereal + whole milk provides 180 calories. The American Academy of Pediatrics recommends whole milk for all children under age 2.



Cereal Facts

- Most cereals — including presweetened — contain about 100 to 130 calories per serving and provide at least 10 key nutrients.
- Cereals — including presweetened — provide less than 5 percent of a child's calorie intake.
- Kids who frequently eat cereal consume less fat and have a higher intake of several important nutrients.

Kellogg's Froot Loops

Nutrition Facts		
Serving Size 1 Cup (30g/1.1 oz.)		
Servings Per Container About 10		
Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	120	160
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 140mg	6%	9%
Potassium 30mg	1%	7%
Total Carbohydrate 26g	9%	11%
Dietary Fiber 1g	4%	4%
Sugars 13g		
Other Carbohydrate 12g		
Protein 1g		
Vitamin A	10%	15%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%
Phosphorus	2%	15%
Zinc	10%	15%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.

** 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: SUGAR; CORN FLOUR; WHEAT FLOUR; OAT FLOUR; PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, COTTONSEED, AND SOYBEAN); SALT; SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C); NIACINAMIDE; REDUCED IRON; NATURAL ORANGE, LEMON, CHERRY, RASPBERRY, BLUEBERRY, LIME, AND OTHER NATURAL FLAVORS; RED #40; BLUE #2; ZINC OXIDE; YELLOW #6; TURMERIC COLOR; PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆); BLUE #1; RIBOFLAVIN (VITAMIN B₂); THIAMIN HYDROCHLORIDE (VITAMIN B₁); ANNATTO COLOR; VITAMIN A PALMITATE; BHT (PRESERVATIVE); FOLIC ACID; VITAMIN B₁₂; VITAMIN D.

CONTAINS WHEAT INGREDIENTS. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

Exchange: 2 Carbohydrates
The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

Kellogg's Rice Krispies

Nutrition Facts		
Serving Size 1 1/4 Cup (33g/1.2 oz.)		
Servings Per Container About 10		
Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	120	160
Calories from Fat	0	0
	% Daily Value**	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 320mg	13%	16%
Potassium 40mg	1%	7%
Total Carbohydrate 29g 10%	11%	
Dietary Fiber 0g	0%	0%
Sugars 3g		
Other Carbohydrate 26g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	50%	50%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%
Phosphorus	4%	15%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.

** 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, VITAMINS AND IRON: IRON, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B₁₂ AND VITAMIN D. TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING.

Exchange: 2 Carbohydrates
The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

For kids:

Breakfast contributes
< 20 percent of daily calories
> 30 percent of calcium,
iron, B vitamins

Kellogg's Frosted Flakes

Nutrition Facts		
Serving Size 3/4 Cup (30g/1.1 oz.)		
Servings Per Container About 16		
Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	110	150
Calories from Fat	0	0
	% Daily Value**	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 140mg	6%	9%
Potassium 20mg	1%	6%
Total Carbohydrate 27g 9%	11%	
Dietary Fiber 1g	3%	3%
Sugars 11g		
Other Carbohydrate 15g		
Protein 1g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.

** 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

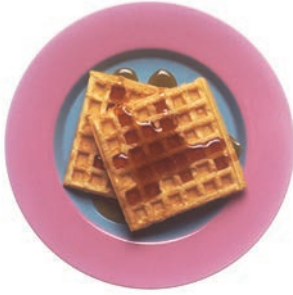
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: MILLED CORN, SUGAR, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, SALT, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), VITAMIN A PALMITATE, FOLIC ACID, BHT (PRESERVATIVE), VITAMIN B₁₂ AND VITAMIN D.

CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

Exchange: 1 1/2 Carbohydrates
The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

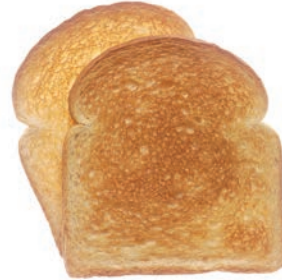
Worksheet



1 What is one thing you could do tomorrow to help you reach your goal for eating breakfast?

2

To change some of my breakfast choices, I'm going to add foods such as:



3

If your breakfast should be 20 percent of your total daily calories and you consume 2,200 calories in a day, how many calories should come from your breakfast?



4

What are some benefits of eating breakfast?



5

What would be an example of a breakfast sandwich combination you would like to try?



Compare the nutrition facts labels on page 5 and answer the following questions:

6a

Look at the sugar content for the three cereals. List them in order from most amount of sugar to least amount of sugar.



6c

How much more sodium do Rice Krispies contain than Froot Loops or Frosted Flakes?

6b

Which cereal has the fewest calories?

6d

If 1 gram of sugar equals 4 calories, how many calories come from sugar in Froot Loops?

6e

What are the serving sizes for each of the three products?

6f

What is the total protein content in Rice Krispies after adding $\frac{1}{2}$ cup of skim milk?



6g

What is the percentage of calcium in Frosted Flakes before and after adding $\frac{1}{2}$ cup of skim milk?



6h

Adding $\frac{1}{2}$ cup of fat-free milk adds how many calories to dry cereal?



Kansas School Wellness Policy Model Guideline — Nutrition Education

Classroom: Middle-High School

Requirements achieved in this lesson:	Basic	Advanced	Exemplary
Basic, Advanced, and Exemplary	At least 25 percent of nutrition education involves hands-on activities that engage students in enjoyable, developmentally appropriate, culturally relevant, participatory activities.	At least 50 percent of nutrition education instruction involves hands-on activities that engage students in enjoyable, developmentally appropriate, culturally relevant, participatory activities.	
Topics	Balanced and unbalanced meals in the student’s own eating pattern Evaluating health claims on food labels		

References

Eat Breakfast: <http://www.knackonline.org/choices/breakfast/index.php>
 Eat Right Nutrition Tips: http://www.eatright.org/nutritiontipsheets/#.UD_UV67_SpU
 Kids and Breakfast: <http://www.keepkidshealthy.com/nutrition/breakfast.html>
 Ready, Set, Breakfast: http://www.kidshealth.org/kid/stay_healthy/food/breakfast.html
 Go With the Whole Grain for Kids: <http://www.bellinstitute.com/wholegrainkids>
 Kelloggs: <http://www2.kelloggs.com/>
Empowering Youth with Nutrition and Physical Activity, 2007, USDA Team Nutrition; teamnutrition.usda.gov/resources/empoweringyouth.html

Answer Key

1. Answers vary.
2. Fruits and Vegetables
3. $2200 \times .20 = 440$
4. Replenish nutrients in body, perform at a higher level at school, increase mental and physical performance, etc.
5. Whole-wheat bread with chopped tomatoes, eggs, ham, and cheese.
- 6a. Froot Loops, Frosted Flakes, Rice Krispies
- 6b. Frosted Flakes
- 6c. $320 - 140 = 180$ mg
- 6d. $4 \times 13 = 52$ calories
- 6e. Froot Loops: 1 cup, Rice Krispies: $1\frac{1}{4}$ cup, Frosted Flakes: $\frac{3}{4}$ cup
- 6f. $2 + 4 = 6$ grams
- 6g. Before: 0%, After: 15%
- 6h. 40 calories

The author gratefully acknowledges the contributions of Catherine Metzgar (senior in dietetics, graduated May 2010); Kylene Krehbiel (senior in dietetics, graduated May 2011); reviewed by Lisa Friesen, R.D., Virginia Barnard, MPH; additional review and editing by Erika Bono, MPH, R.D., and Yijing Li, M.S.

Brand names appearing in this publication are for product identification purposes only.
 No endorsement is intended, nor is criticism implied of similar products not mentioned.

Publications from Kansas State University are available at: www.ksre.ksu.edu

Publications are reviewed or revised annually by appropriate faculty to reflect current research and practice.

Date shown is that of publication or last revision.

Contents of this publication may be freely reproduced for educational purposes. All other rights reserved.
 In each case, credit Tandalayo Kidd, Ph.D., R.D., LPN, associate professor, human nutrition, *Start Your Day Right*,
 Kansas State University, November 2013.