

Just the Basics

Lesson 2: Startin' Smart with Breakfast



Breakfast— A Healthy Way to Start the Day

- Everyone needs a healthy breakfast for energy and nutrients. Breakfast is the most important meal of the day. It should provide 1/4 of the total daily nutrition requirements.
- Breakfast helps kids be more alert and able to do better in school. Trying to run on an empty stomach is like trying to start a car without gas—it just doesn't work!
- Breakfast helps adults have more energy and feel less tired throughout the day. People who eat a good breakfast are more likely to eat well at lunch and consume a more balanced diet overall.

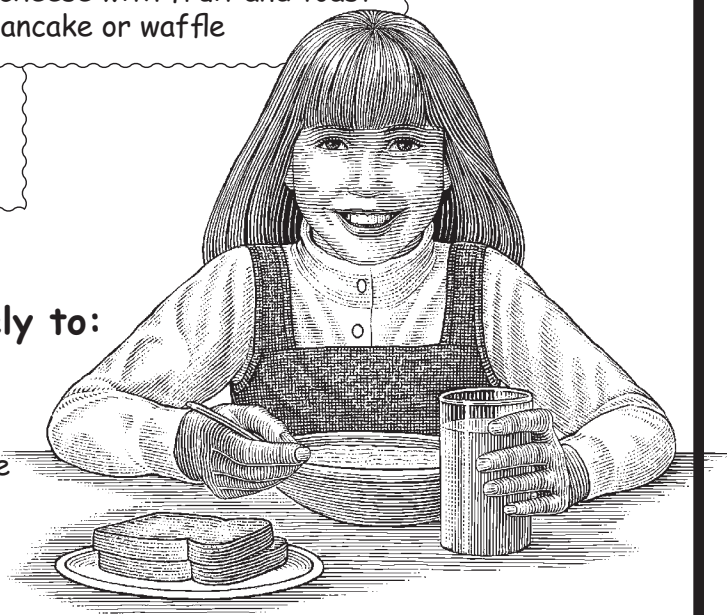
No time for breakfast? Try these quick and tasty ideas:

To go...

- Breakfast bar
- English muffin with egg
- Tortilla with cheese
- String cheese, dried fruit and crackers
- Whole wheat toast and peanut butter
- Cereal in a bag, muffin, roll or biscuit

At home...

- Bowl of cereal and fruit with milk
- Leftover mac and cheese with juice
- Tortilla with beans and milk
- Muffin and yogurt
- Cottage cheese with fruit and toast
- Frozen pancake or waffle



Kids who eat breakfast are more likely to:

- Meet their daily nutritional needs
- Keep their weight under control
- Attend school more frequently
- Make fewer trips to the school nurse's office complaining of tummy aches.

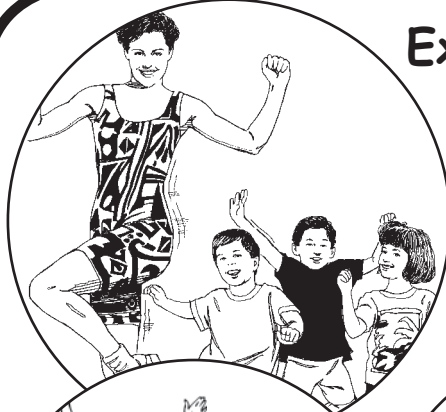
<http://www.eatright.org>

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider.

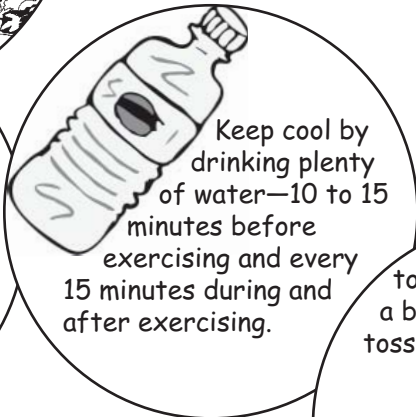
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Exercise Doesn't Have to be Boring!

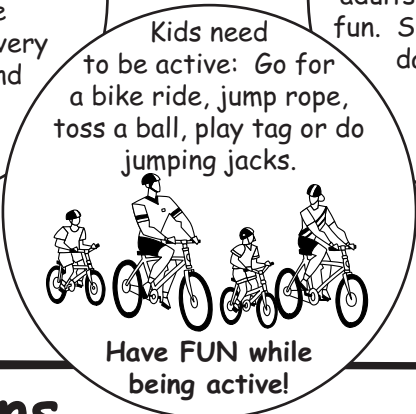
What is exercise? Exercise is moving your arms and legs enough to make your heart beat hard and fast. It gives you energy and keeps you healthy! Find things around the house that count as exercise, like getting up and stretching during TV commercials.



It's important to s-t-r-e-t-c-h 5 to 10 minutes before exercising.

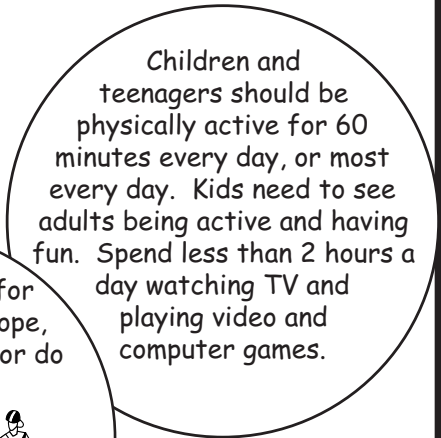


Keep cool by drinking plenty of water—10 to 15 minutes before exercising and every 15 minutes during and after exercising.



Kids need to be active: Go for a bike ride, jump rope, toss a ball, play tag or do jumping jacks.

Have FUN while being active!



Children and teenagers should be physically active for 60 minutes every day, or most every day. Kids need to see adults being active and having fun. Spend less than 2 hours a day watching TV and playing video and computer games.

Go For Whole Grains

Whole grains contain the entire grain kernel—the bran, germ and endosperm. Examples include whole-wheat flour, bulgur, oatmeal, rye bread, whole cornmeal and brown rice.

Whole Grain Kernel...

Bran - "outer shell" protects the seed and contains fiber, B-vitamins and trace minerals.

Endosperm - provides energy in the form of carbohydrates and protein

Germ - is the nourishment for the seed and contains antioxidants, vitamin E and B-vitamins

Make at least half your grains whole grains. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. One ounce (one serving) is about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats or corn are referred to as "whole" in the list of ingredients.

Question: The Dietary Guidelines recommend at least 3 servings of whole grains per day. How do I know if a food is "whole grain?"

Answer: Check the ingredients list on the food label. A whole grain should be listed first. Examples of whole grains are whole wheat flour, oatmeal, corn, popcorn, whole cornmeal, brown rice, graham flour, whole rye flour, barley and wild rice. Whole grains contain the entire grain kernel—the bran (rich in fiber), the germ (rich in vitamins and minerals), and the endosperm. Note that "wheat flour" is not a whole grain; it must say "whole wheat flour" to count as whole grain.



Whole grains may reduce the risk of heart disease and diabetes and may help with weight control.

Based on the Dietary Guidelines for Americans 2005: www.healthierus.gov