



KidFood

Healthy Eating for Today's Kids

Good Morning!

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

Help your child learn healthy eating habits. Start every day with breakfast! **Children who learn to eat breakfast when 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!

Wrapped Breakfast

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

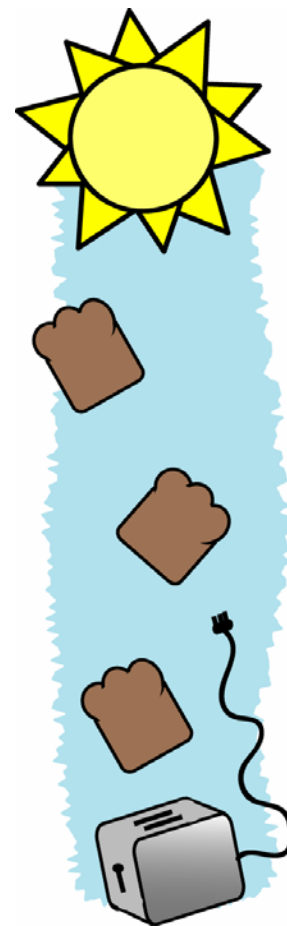
Scrambled eggs
Ham slices
Salsa
6 inch Tortillas

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

Nutrition Matters

Volume 7, Issue 9

September 2004

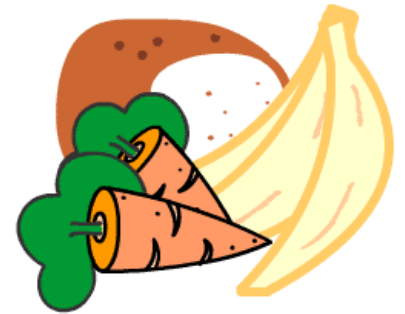


Banana Bread

Use a breakfast cereal high in nutrition and low in sugar.

- | | |
|--|-----------------------------|
| 1 $\frac{1}{2}$ cups flour | $\frac{1}{2}$ cup margarine |
| 1 $\frac{1}{2}$ cups flake breakfast cereal, crushed | $\frac{1}{2}$ cup skim milk |
| 1 teaspoon baking powder | 1 egg |
| $\frac{1}{2}$ teaspoon baking soda | 2 bananas, mashed |
| $\frac{1}{2}$ cup sugar | |

1. Beat margarine and sugar together until smooth.
2. Stir in egg, milk, banana and cereal. Let stand for 3 minutes to soften cereal.
3. Stir in flour, baking powder and baking soda.
4. Pour batter into a lightly greased loaf pan.
5. Bake in a 350° oven for 40 to 50 minutes or until toothpick inserted in center comes out clean.
6. Cool bread before slicing.
7. Serve.



Blueberry Muffins

Another great way to use breakfast cereal!

- | | |
|--|-----------------------------------|
| 1 $\frac{1}{2}$ cups flour | 1 cup skim milk |
| 2 cups flake breakfast cereal, crushed | 1 egg |
| $\frac{1}{4}$ cup sugar | $\frac{1}{4}$ cup vegetable oil |
| 1 tablespoon baking powder | 1 cup fresh or frozen blueberries |
| Dash of salt | |

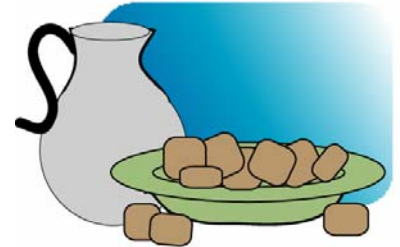
1. Stir flour, breakfast cereal, sugar, baking powder and salt together in a bowl.
2. Beat milk, egg and oil together in a separate bowl.
3. Add flour mixture to egg mixture. Stir together. Stir in berries.
4. Spoon batter evenly into 12 muffin tins that have been greased with vegetable cooking spray.
5. Bake in a 400° oven for 20 minutes or until lightly browned.
6. Serve



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**—the 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.

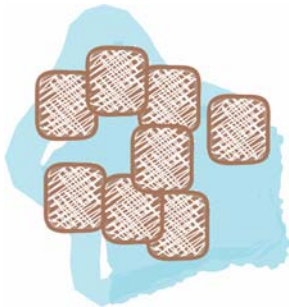


Sweet Cereals

Read the label for the best choice!
5 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!
- Some cereals are adding "non calorie sweeteners". These cereals have less sugar, but are very sweet. Your child will be eating less sugar. However, he may be learning to prefer these sweet tasting cereals.





Apples

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

Apple Smiles—Spread peanut butter between 2 apple slices. Add small pieces of a marshmallow for teeth. Enjoy!

Baked Apples—Cut apples in half and remove core. Place in baking dish. Sprinkle with cinnamon and dash of sugar. 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—Place 8 cups of cored, peeled, 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.

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products



Nutrition Coalition

Supported by First 5
Placer County
Children and Families Commission

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>**

Apple Bars

Easy treat to take along and eat!

2 eggs	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup peanut butter	1 cup flour
$\frac{1}{4}$ cup milk	1 teaspoon baking powder
1 teaspoon vanilla	1 teaspoon cinnamon
1 apple, cut into thin slices	$\frac{1}{2}$ teaspoon salt

1. Beat eggs, peanut butter, milk and vanilla together in a bowl.
2. Add brown sugar, flour, baking powder, cinnamon and salt. Mix together well.
3. Stir in apple slices.
4. Spread batter into a lightly greased 9 x 9 inch baking dish.
5. Bake in a 350° oven for 30 minutes.
6. Remove from oven. Cut into squares. Serve.

Nutrition Matters

KidFood is published 12 times a year.
Copyright 2003

The content of KidFood is not intended to provide medical advice; This should be obtained from a qualified health professional.