

Putting the *fast* in breakfast—



3

quick and easy solutions

No time for breakfast? If so, you or your family are missing out on the many benefits of eating the morning meal. Check out the three quick and easy solutions below plus a full menu of speedy, nutritious—and simply delicious—breakfasts the whole family will love.



solution 1

Break for Breakfast: Take a Few Minutes to Fuel Up

Don't skip breakfast to shave precious morning minutes! Try these lightning-fast meals that can help propel you and your kids throughout the day.

- **The Traditional Triplet.**

Whole-grain ready-to-eat cereal and fat-free milk plus 100 percent orange juice.

- **The Hot and Wholesome Bowl.**

Microwavable oatmeal with chopped apples and walnuts—make with fat-free milk instead of water for an extra punch of protein, calcium, and vitamin D.

- **The PB&B.**

Whole-wheat toast topped with peanut butter and sliced bananas plus fat-free milk.



- **The Swirl-and-Go.**

Crunchy high-fiber cereal, blueberries, and sunflower seeds swirled into low-fat or fat-free vanilla yogurt.



- **The Little Dipper.**

Graham crackers dipped into low-fat or fat-free fruit yogurt plus 100 percent apple juice.

- **A Little on the Lunch Side.**

A turkey and low-fat Swiss sandwich on whole-wheat plus 100 percent orange juice.

- **On a Roll.**

A whole-wheat tortilla wrapped around a low-fat cheese stick plus a bunch of grapes (be sure to cut grapes in half for younger children).

- **The Waffle Tower.**

A toasted frozen whole-grain waffle piled high with sliced strawberries, a dollop of low-fat or fat-free yogurt and a sprinkling of sliced almonds.

- **Easy as Apple Pie.**

A toasted whole-grain bagel half layered with apples slices and reduced-fat Cheddar cheese.

- **Something Spicy.**

Whole-grain cinnamon-raisin toast spread with low-fat ricotta cheese plus 100 percent orange juice.

solution 2

Brown Bag Breakfast: It's Not Just for Lunch Anymore

Pack good nutrition into your and your kid's day! It's quick to add breakfast items right into lunch bags and boxes. Try these combos—or mix-and-match foods to suit your family's taste buds.

- **Smooth and Crunchy.**

A bottled yogurt smoothie, small bag of whole-grain cereal, and a banana.

- **Say "Cheese."**

A low-fat cheese stick, whole-grain crackers, and a 100 percent apple juice box.

- **Peachy Plus.**

A container of low-fat cottage cheese and diced peaches plus whole-grain crackers.

- **A Most Totable Trio.**

A whole-grain cereal bar, fat-free yogurt cup, and a pear.

- **Your Pick Mix.**

Your favorite cereal, dried fruit and nuts in a resealable plastic bag plus a single-serve container of low-fat or fat-free milk.

- **Kid-Friendly Combo.**

An oatmeal-apple muffin and a single-size bottle of low-fat chocolate milk.





- **On a Roll.** A whole-wheat tortilla wrapped around a low-fat cheese stick plus a bunch of grapes (be sure to cut grapes in half for younger children).

- **On the Grownup Side.** A bran muffin, pink grapefruit cup, and single-size bottle of low-fat or fat-free milk.

- **A Savory Start.** A hard-cooked egg, whole-wheat bread sticks, and a single serve can of reduced-sodium tomato juice.

- **Lunch Redux.** An extra sandwich, apple, and bottle of low-fat or fat-free milk.

- **A Slice of Life.** A cold cheese pizza slice plus 100 percent grape juice box.



solution 3

You Don't Have to Eat Breakfast Right Away, Eat it Within the First Few Hours of Your Day.

Where is it written that you have to eat breakfast the minute you get up—especially if you're not hungry yet? Enjoy these options a little later when hunger strikes.

- **Right through the Drive-Through.** Order a low-fat yogurt, granola and fruit breakfast "sundae" plus 100 percent orange juice.

- **Coffee Shop Stop.** A whole-grain English muffin with light cream cheese, fruit salad, and a small latte made with fat-free milk.

- **Vending Adventure.** A granola bar, any fresh fruit, and a container of fat-free milk.

- **Fast from the Cafeteria.** Oatmeal or ready-to-eat cereal with fat-free milk plus 100 percent orange juice.

- **The Build-a-Breakfast Desk Drawer.**



Instant oatmeal packs, single-serving whole-grain cereal boxes, cereal bars, nuts, peanut butter, whole-grain crackers, dried fruit, shelf-

stable containers of water-packed fruit, and 100 percent juice boxes. Keep low-fat or fat-free milk and yogurt in the office fridge.

- **Home on the Range.** Any of the speedy ideas above or a more leisurely meal of a low-fat cheese omelet, veggie "sausage" or low-or reduced-fat sausage patty, whole-wheat toast, and sliced cantaloupe.

Mmm Mmm Morning Sundae

Quick and Easy from Kidnetic.com!

(makes 2 servings)

WHAT'S IN IT?

- 2 cups low-fat granola cereal without raisins
- 3/4 cup (6 ounces) low-fat vanilla yogurt
- 1 cup raspberries or blueberries, fresh or frozen (thawed)



STUFF YOU NEED

- 2 large glass mugs or sundae glasses
- Spoon
- Measuring cups
- Measuring spoons

HOW TO PUT IT TOGETHER

1. Into each glass, plop 1/2 cup of the cereal, then 3 tablespoons of the yogurt, then 1/4 cup of the berries.
2. Repeat.
3. Eat!



For more kid-friendly, easy-to-make recipes, visit the Recipe Roundup on Kidnetic.com at

<http://www.kidnetic.com/recipes/>



For more information about breakfast and health, please visit:

<http://ific.org/publications/other/breakfast.cfm>



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