

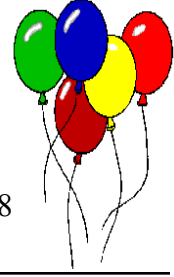


NUTRI-NEWS

April 2011

"Balloons for a Balanced Lunch"
NUTRI-SERVE FOOD MANAGEMENT, INC.

Volume 22 Number 8



Kids Fuel Up for Breakfast

You may have heard that breakfast is considered the most important meal of the day but is it really that important for children?

You bet! Research points to several reasons why breakfast is essential for children such as:

- When a child regularly skips breakfast important nutrients such as calcium and the B vitamins which are hard to catch-up later in the day.
- Children who do not eat breakfast are more likely to be overweight.
- Poor attention spans are attributed to poor breakfast eaters.
- It is more difficult to study and learn when a child does not consume breakfast.

How about some **fast** yet **healthy breakfast ideas** for rushed mornings?

Here are some child-friendly ideas:

- Whole-grain cereal with low fat milk and juice.
- Peanut butter on toasted whole wheat bread. Add a banana for extra flavor.
- Left-over pizza (veggie pizza is even better!)
- Stuff a whole wheat pita with shredded low fat cheese and a sliced hard cooked egg.
- Make ahead and freeze sandwiches to thaw and serve with juice and/or milk. Some ideas are peanut butter, low fat cream cheese, fruits and/ or jam.
- Mix a breakfast smoothie with low fat yogurt, strawberries and a banana.....yummy!

Kids in the Kitchen

Springtime Cereal

(makes 2 servings)

- 3/4 cup wheat and barley nugget cereal
- 1/4 cup 100% bran cereal
- 2 tsp toasted sunflower seeds
- 2 tsp toasted, sliced almonds
- 1 tbsp raisins
- 1/2 cup bananas, sliced
- 1 cup strawberries, sliced
- 1 cup raspberry or strawberry low fat yogurt

Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds and almonds in a medium bowl. Add raisins, bananas and half of the strawberries. Gently stir in the yogurt and divide between two bowls. Scatter the remaining strawberries over the top. Enjoy!

Nutrition information per serving:

Calories: 352

Fat: 6 gms

Fiber: 8 gms

I

f made with nonfat yogurt(sugar sub):

Calories: 268

Fat: 5 gms

Fiber: 9ms

Recipe from *A Healthier You: Based on the Dietary Guidelines for Americans, 2005*, The U.S Dept of Health and Human Services

Nutri - News Editor:

Rosemary L O'Dea, MA, RD