

# Combine one food from each Group below for a Nutritious Breakfast

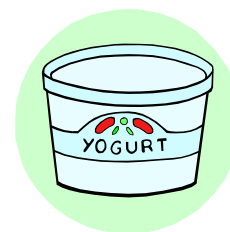
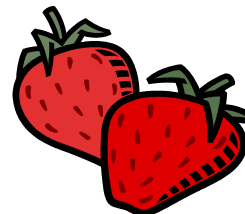
## Grains & Cereals

- 1/2 whole grain bagel
- whole grain toast or English muffin
- mini bran muffins
- whole wheat Tortilla
- Whole grain lavash
- low sugar cereal (5 grams or less)
- oatmeal, steel cut oats, Maltex, Wheat-ina, or multigrain hot cereal
- granola sprinkled on cereal
- whole grain French toast
- wheat Germ



## Fruits and Vegetables

- dried fruit - cranberries, raisins, apricots, dates, prunes
- apple, pears, grapefruit & orange slices
- applesauce
- grapes, and bananas
- blueberries, strawberries, raspberries
- watermelon, cantaloupe, & honeydew melon
- fruit salad
- frozen fruit (mango, peaches, strawberries, pineapple) for smoothies
- cucumber, tomatoes, peppers, lettuce, baby spinach or kale



## Protein

- milk, soymilk– plain
- yogurt - plain,
- cheese
- cottage cheese
- nut butters - peanut, cashew, almond, tahini
- roasted turkey breast
- eggs - scrambled, hard boiled
- Tofu
- Seitan

Foods that may cause choking in children under 3 years:

- whole grapes, or cherry tomatoes (cut into quarters before serving)
- peanuts, almonds or other nuts
- hot dogs
- raw carrots
- dried fruit - raisins, apricots, etc.
- popcorn

# Breakfast Ideas for Kids

Serve the following breakfast foods with 4 ounces of milk

## Quick Breakfast Ideas

- 1/2 whole grain bagel or English muffin with peanut butter
- 1 slice turkey breast and 1 slice of cheese rolled into a whole grain tortilla, 4 slices of apple
- create a breakfast parfait with layers of plain yogurt, sliced fresh fruit, and crunchy cereal or granola
- swirl frozen berries into hot cereal.
- breakfast smoothie made with 1/2 cup plain yogurt, choice of fresh or unsweetened frozen fruit (strawberries, peaches, bananas, or mango), with a mini bran muffin
- whole grain toast with peanut butter, apple slices and a small plain yogurt
- mini bran muffins, and 1/2 cup of yogurt, and 1/2 cup fruit
- 1/2 whole-wheat English muffin, spread with cream cheese and served with sectioned oranges

## Home cooked Breakfast Meals

- whole grain pancakes, topped with blueberries, and plain yogurt
- whole grain, low sugar cereal cold cereal (5 grams or less), and milk with 1/2 banana sliced on top
- breakfast burrito - a warmed whole wheat flour tortilla filled with scrambled eggs, or black beans, butternut squash, grated Monterey Jack cheese, and salsa
- breakfast pizza - whole grain English muffin, toasted and spread with a Tablespoon of pizza sauce, and sprinkled with part-skim mozzarella cheese (place in toasted oven or under broiler to melt the cheese)
- French toast (made with whole grain bread) topped with yogurt & berries, and served with orange slices
- Whole grain hot cereal made with milk, 1 tablespoon granola, 1/4 cup berries, served with a 1/2 grapefruit

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