



Make Breakfast Count!

Get started on the
right track.

Start with a
healthy breakfast.



PREVENT. PROMOTE. PROTECT.

Developed by Healthy Children Healthy
Weights at Columbus Public Health

For information about these materials
visit www.publichealth.columbus.gov



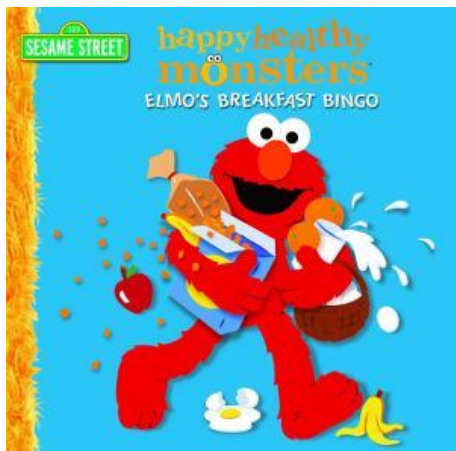
THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

COLUMBUS
PUBLIC HEALTH



HEALTHY FAMILIES: BOOK OF THE MONTH

Make Breakfast Count ★★★★★★★★★★★★★★★★★★★★★★★★



Title

Elmo's Breakfast Bingo

Author

Random House

Summary

Using a funny—sometimes wacky—multiple-choice guessing game, Elmo teaches kids about the importance of starting the day with a good breakfast. Packed with facts and fun, this book makes breakfast easy to swallow! Practical tips for parents are also included.

To borrow a free copy, visit the Public Library of Cincinnati and Hamilton County to find a library branch near you at <http://www.cincinnati.library.org/>. This book is also available in stores and online.



HEALTHY FAMILIES: ACTIVITY OF THE MONTH



Make Breakfast Count

Cookie Cutter Pancakes

Choose a weekend morning and get the children cooking in the kitchen. Use cookie cutters to make all kinds of fun shaped pancakes. Offer a variety of healthy toppings and let your child choose. You can use your favorite low-fat flavored yogurt, fresh or frozen berries or cooked cinnamon apples for some tasty toppers.

Breakfast Picnic

Start the day off outdoors and pack foods to create a balanced breakfast at the park. Remember to grab plates, bowls, napkins, utensils and a cooler full of fruits and veggies, yogurt, whole grain cereal, milk, and any other family favorites. Set up a large blanket that fits the entire family, or find a picnic table and eat together. Once you've eaten and cleaned up, you are all ready to play!



oatmeal pecan waffles

Ingredients

For waffles:

- 1 cup whole-wheat flour
- 1/2 cup quick-cooking oats
- 2 teaspoons baking powder
- 1 teaspoon sugar
- 1/4 cup unsalted pecans, chopped
- 2 large eggs, separated
- 1 1/2 cup fat-free (skim) milk
- 1 tablespoon vegetable oil

For fruit topping:

- 2 cups fresh strawberries, halved
- 1 cup fresh blackberries
- 1 cup fresh blueberries
- 1 teaspoon powdered sugar

All berries may be substituted with frozen, thawed



1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
3. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
4. Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter.
6. Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside. (Or make pancakes.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

Tip: For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.

Yield 4 servings, **Serving Size** 3 small (2-inch) or 1 large (6-inch) waffle (depending on waffle iron size), **Calories** 340, **Total Fat** 11 g, **Saturated Fat** 2 g, **Cholesterol** 107 mg, **Sodium** 331 mg, **Total Fiber** 9 g, **Protein** 14 g, **Carbohydrates** 50 g, **Potassium** 369 mg



National Heart, Lung,
and Blood Institute

Apple Oatmeal

Ingredients

- 1 large apple
- 1 cup quick cooking oats
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt
- $1\frac{3}{4}$ cups 100% apple juice

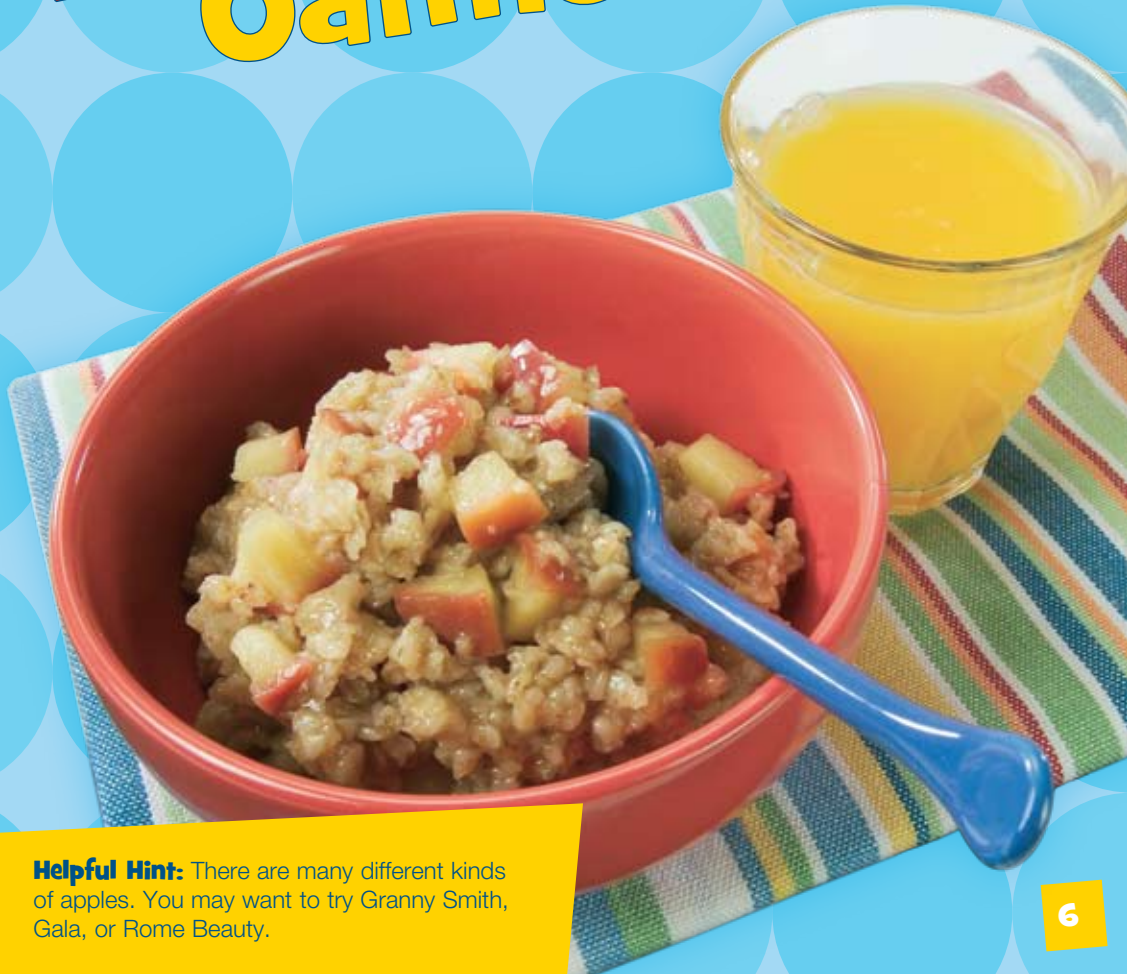
Preparation

- 1.** Chop the apple into bite-size chunks. Be sure to remove the core (the part with the stem and seeds).
- 2.** Combine the apple chunks, oats, cinnamon, salt, and apple juice in a microwave safe bowl. Cover the bowl with a lid or plastic wrap. Be sure to leave a little opening for the steam to get out.
- 3.** Microwave on high for 2 minutes. Use pot holders to remove the bowl from the microwave because it may be hot.
- 4.** Stir and let cool for 1 minute before serving.

Makes 4 servings. One serving equals $\frac{3}{4}$ cup.

Preparation time: 10 minutes

Cooking time: 2 minutes



Make Breakfast Count!

Get on the right track. Start the day with a healthy breakfast.

Kids who eat breakfast are generally healthier and perform better than kids who don't eat breakfast.

WAYS TO ENCOURAGE CHILDREN TO EAT BREAKFAST:

- **Give them control.** Offer a variety of choices throughout the week.
- **Give them a little time.** Children may not want to eat right when they wake up. Try again in 30 minutes.
- **Let them help.** Allow them to measure, mix and pour.



BREAKFAST ON THE GO!

- **Yogurt Parfait.** Add whole grain cereal and fresh fruit to yogurt.
- **Fruit Roll-Up.** Spread cream cheese over a whole grain tortilla. Add sliced fruit and roll tight.
- **Banana Dog.** Spread a whole wheat hot dog bun with peanut butter or cream cheese. Add a banana.
- **Fruit Smoothies.** Blend frozen fruit with low-fat or fat-free milk or yogurt.
- **Grab and Go!** Keep fresh fruit, whole grain cereals, granola bars and whole grain cereal bars on hand. Add a cup of low-fat or fat-free milk.