

BREAKFAST ACTIVITY

Make the following breakfasts higher in quality



Lower Quality

Higher Quality

Donut, Chocolate Milk

Donut is high in added sugars, deep fried oil (harmful fat)
 Chocolate milk is high in added sugar

Protein – Regular milk or soy milk

Fat – Almond or peanut butter (also a protein!)

Carbohydrate – Half of a whole grain bagel (filling, higher in fiber)

Enriched-flour toaster waffle with syrup, first ingredient is high-fructose corn syrup

Protein _____

Fat _____

Carbohydrate _____

Sugary cereal, milk, apple juice

Protein _____

Fat _____

Carbohydrate _____

Enriched white bread, toasted, with jelly topping

Protein _____

Fat _____

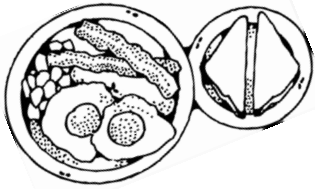
Carbohydrate _____

Nothing for breakfast

Protein _____

Fat _____

Carbohydrate _____



BREAKFAST ACTIVITY

Make the following breakfasts higher in quality

ANSWER SHEET



Lower Quality

Higher Quality

<p>Donut, Chocolate Milk Donut is high in added sugars, deep fried oil (harmful fat) Chocolate milk is high in added sugar Has carbohydrates, fats and protein but all lower quality.</p>	<p>Protein – Regular milk or soy milk Fat – Almond or peanut butter (also a protein!) Carbohydrate – Half of a whole grain bagel (filling, higher in fiber)</p>
<p>Enriched-flour toaster waffle with syrup, first ingredient is high-fructose corn syrup This breakfast is low in protein, fiber and lacks a beneficial fat. The syrup is probably not made from maple, but is an artificially flavored one high in added sugars.</p>	<p>Protein: need to add one: nut spread, eggs on side, HQ breakfast meat Fat: nut spreads or butter on waffle, cheese or avocado on eggs Carbohydrate: half of a whole grain bagel (filling, higher in fiber)</p>
<p>Sugary cereal, milk, apple juice Cereal is high in added sugars, milk has some protein. Juice is low in Fiber and it is also high in sugar, even though it is from a fruit source it won't keep you as full as eating the whole fruit.</p>	<p>Protein: the milk has protein. Other, more filling options: whole, unsweetened yogurt, high protein cereal like granola Fat: whole yogurt, whole milk, nuts/seeds on cereal or yogurt Carbohydrate: whole grain hot cereal like steel cut oats, brown rice, whole apple or other whole fruit</p>
<p>Enriched white bread, toasted, with jelly topping Toast is low in fiber, jelly high in added sugars, lacks protein and fat.</p>	<p>Protein: topping for toast - cheese, nut butter, egg fried or scrambled, side of breakfast meat like chicken sausage Fat: toast topping - butter, butter-like spread, avocado Carbohydrate: choose a whole grain bread</p>
<p>Nothing for breakfast Even if it is a small breakfast, you should eat something. Your body has not had any food for more than 8 hours and your brain needs fuel to start of the day.</p>	<p>Other breakfast ideas to include: left over dinner - quick and easy breakfast sandwich - save half for break when you are hungrier trail mix - make a bag of nuts, whole grain cereal, seeds, and dried fruit</p>