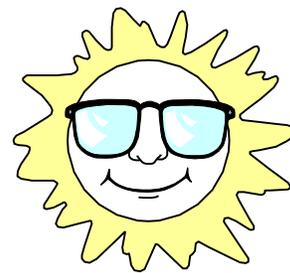


Breakfast...



The Right Way to Start Your Day!

A healthy breakfast should include foods from at least 3 of the 4 food groups from *Canada's Food Guide*. Refer to *Canada's Food Guide* for serving sizes, and choose foods that are enjoyable to eat and give you energy to start your day. Breakfast "breaks the fast" and provides your body with important vitamins and minerals every day.

Breakfast at Home

Easy-Make Pizza Bagel

Whole-wheat bagel

Tomato sauce

Grated cheese

Strips of ham

Your favourite veggies

Place the bagel with toppings on a baking sheet and bake in a preheated oven until the cheese is melted (about 10 minutes). Serve with milk or 100% fruit juice.



Bananaberry Smoothie

1 ripe banana

½ cup berries (strawberry, blueberry, raspberry – may be frozen)

½ cup yogurt or soft tofu

½ teaspoon vanilla

Put all ingredients in a blender and mix until frothy; add water or juice to desired consistency and serve.



Hot or Cold Unsweetened Cereal

Try adding ¼ cup raisins and chopped nuts or ½ cup sliced fruit to your cereal. Serve with milk or fortified soy milk.

Fruity Pancakes

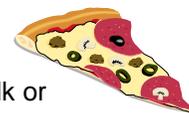
Make whole-wheat pancake batter to make pancakes. Top the pancakes with fresh fruit in season or frozen fruit in the winter and serve with milk or fortified soy drink.



Breakfast to Go

"Fast" Food for You

Cold leftovers (homemade pizza, pasta, chicken) and serve with milk or 100% fruit juice.



Banana Boat Sandwich

Spread 1 – 2 teaspoons of peanut butter on a whole-wheat hotdog bun or pita. Add 1 peeled banana and serve with milk.

Swift Serve Breakfast

Combine 3 of these options to make a balanced breakfast:

Oatmeal or bran muffin

Cheese wedge or boiled egg

Milk or soy beverage

100% fruit juice or

Apple or orange slices



Crunch in a Bag

Put 1 cup of crunchy unsweetened cold cereal in a lunch bag. Add unsalted peanuts, sunflower seeds, raisins, dried banana chips and dried apple slices and shake. Serve with yogurt.



Snack Attack!

Some of the food items on this handout may be restricted in some schools and childcare settings where children may have life-threatening food allergies. Check with your school or childcare setting for policies or practices related to food allergies.

Snacks from Canada's Food Guide . . .

Choose something from two food groups to make a healthy snack choice.

Vegetables and Fruit

- ◆ Raw veggies or fruit – any kind
- ◆ 100% vegetable or fruit juice
- ◆ Popsicle made from unsweetened fruit juice or apple sauce

Grain Products

- ◆ Homemade granola
- ◆ Whole grain bagels, muffins, crackers, pita bread, buns
- ◆ Homemade muffins

Milk and Alternatives

- ◆ Blender smoothie
- ◆ Cheese or yogurt
- ◆ Tzatziki
- ◆ Cottage cheese

Meat and Alternatives

- ◆ Hard boiled or devilled egg
- ◆ Peanut butter without sugar
- ◆ Nuts and seeds
- ◆ Hummus

Thirst Busters . . .

- ◆ Add soda or carbonated water to cranberry, apple, pineapple, grapefruit or grape juice to make a fruit juice spritzer.
- ◆ Try mixing 4 cups of cold water, 1¼ cups of dry skim milk powder and 1, 6-ounce can of concentrated orange juice, then pop it in the fridge – it makes a great fruit drink!
- ◆ And don't forget . . . there's always water.

These foods are healthy but high in sugar or stick to the teeth. Try to eat them only with meals . . .

- ◆ Dried fruit: raisins, prunes, apricots, figs, etc.
- ◆ Ice cream, milkshakes
- ◆ Milk pudding, custard
- ◆ Homemade cookies like oatmeal or peanut butter

Try these combos . . .

- ◆ Cheese slices on whole wheat or rye crackers
- ◆ Peanut butter mixed with raisins on celery
- ◆ Sliced tomatoes and cucumber, crisp lettuce leaves on whole grain bread
- ◆ Half a pitted peach or pear filled with cottage cheese

Crunchy, crisp foods . . .

- ◆ Don't forget old standbys like carrot sticks, raw turnip chunks, fresh peas in the pod, celery sticks, radishes – even better with a plain yogurt or relish dip!
- ◆ Apple wedges - try with peanut butter or sprinkle with cinnamon
- ◆ Mixed nuts

You can prevent choking in younger children . . .

Do not give foods like nuts, whole hot dogs, popcorn, whole grapes, large pieces of raw fruits or hard raw vegetables, peanut butter by the spoonful, chewing gum or hard candies, fruits with pits or marshmallows to a child under 4 years of age.

Try these Suggestions!