



# Good for You!

## Breakfast Food is Good Any Time

Yes, you've heard breakfast is the most important meal of the day! But why not fix oatmeal, cereal, fruit or pancakes any time of day for a quick and nutritious meal or snack!

### Turn "breakfast food" into a healthy snack!



#### Trail Mix

Makes 14 – 1 cup servings

- 6 cups air-popped popcorn
- 2 cups chocolate cereal squares
- 2 cups toasted oat cereal
- 2 cups pretzel twists
- 2 cups honey flavored shredded wheat squares
- 1 cup peanuts, optional

Combine ingredients in a large bowl. Divide into 1-cup servings and place in individual plastic bags.

#### Milk - Plain, Flavored

Which is the cheapest and most nutritious?

- whole
- 2%
- 1%
- skim milk

*Skim milk costs less per gallon, has less fat and calories per cup and all the nutrients!*

Adults and children over age two benefit from drinking lowfat milk.

Adults and kids 9 years or older need 3 cups of milk every day.

#### Bread - Fresh, Toasted

The most economical way to buy bread is to look for day-old bread at the store. Freeze half the loaf when you bring it home if the last half stales before you can eat it all.

Look for 100% whole wheat bread or bread that has whole wheat flour as its first ingredient. Read labels – bread should be brown from whole grains and not caramel coloring.

#### Save on your groceries

Make your own instant oatmeal packets – a whole grain!

Quick oats cost about 6-cents for ½ cup. Add raisins, cinnamon or nuts to homemade packets and they cost only 10 to 15 cents. Purchased in the grocery store, each packet costs 25 to 35-cents.

**SAVE!**

**A family of four could save over \$4.00 a week preparing oatmeal packets at home.**

#### Instant Oatmeal Packets

##### To Make:

Use a plastic snack or sandwich bag. Add ½ cup quick oats. Optional ingredients include raisins, dried cranberries, cinnamon, brown sugar or nuts. Close bag and store for future use.

##### To Use:

Empty packet into a microwave safe bowl. Stir in 1 cup water or milk. Microwave on high 2 ½ to 3 minutes and stir before serving.

**Quick and healthy choices for breakfast** are less expensive than fast food or vending machine breakfasts.

A little planning ahead saves dollars! If you have less than two minutes to prepare breakfast, which of the following could you do?

- Scrambled eggs, toast and milk?
- Instant oatmeal, fruit and milk?
- Granola bar, 100% juice and milk?
- **All three!**

### What can you buy for a dollar?

- ✓ 3 medium apples
- ✓ 4 medium bananas
- ✓ 2 cups grapes
- ✓ 3 kiwis
- ✓ 3 medium oranges
- ✓ 3 medium pears
- ✓ 5 cups orange juice made from concentrate
- ✓ canned fruit on sale

### True or False?

When buying fruit, it is a good idea to buy large quantities if it is in season to save money.

*False:* buy only what you can use before it spoils. Throwing away fruit wastes money. Ripe bananas can be used in breads and smoothies. If the fruit is not in season, canned or frozen may be cheaper.

## Scrambled Eggs in a Mug

*Makes 1 serving and clean-up is easy!*

### Ingredients:

- 2 eggs
- 1 tablespoon fat free milk
- 1 to 2 tablespoons salsa, optional
- 1 tablespoon lowfat shredded cheese, optional

### Directions:

1. Spray the inside of a microwave safe cup with cooking spray.
2. Add eggs and milk; beat well.
3. Cover with waxed paper and microwave on full power for 45 seconds.
4. Stir. Microwave 30 seconds more.
5. Stir in salsa and cheese if desired.

Serve with 100% whole wheat toast, fruit and lowfat milk.

*“Eggs are an inexpensive protein source! Scramble two eggs for less than a quarter!”*

## Grilled Cheese & Fruit Sandwich

*For breakfast or snack!*

Lightly spread tub or liquid margarine on outside of two slices cinnamon raisin bread. Inside bread place 1 slice American cheese and thin slices of apple or pear. Cook buttered side out 2 to 3 minutes on a preheated griddle or skillet over medium heat. Turn over and cook 2 to 3 minutes more or until cheese is melted.

## Balance What You Eat with Physical Activity



Kids need a least 60 minutes of physical activity every day and adults need at least 30 minutes.



## Spend Smart. Eat Smart.

For more ideas go to “Spend Smart. Eat Smart.” at <http://blogs.extension.iastate.edu/foodsavings/2009>

New ideas are posted every week!

### Nutritional Analysis

**Popcorn Trail Mix:** One cup serving provides 80 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 65mg sodium, 18g carbohydrate, 2g fiber, 2g protein

**Instant Oatmeal Packets** One serving provides 170 calories, 3g fat, 0g saturated fat, 0mg cholesterol, 10mg sodium, 29g carbohydrate, 5g fiber, 6g protein

**Scrambled Eggs in a Mug:** One serving provides 130 calories, 9g fat, 2.5g saturated fat, 375mg cholesterol, 130mg sodium, 1g carbohydrate, 0g fiber, 12g protein

**Grilled Cheese & Fruit Sandwich:** One serving provides 270 calories, 8g fat, 3g saturated fat, 15mg cholesterol, 470mg sodium, 40g carbohydrate, 4g fiber, 9g protein



This material is funded by USDA SNAP. USDA is an equal opportunity employer and provider. SNAP provides food assistance to people with low income. It can help you buy nutritious foods for a better diet. For information, call 1-888-369-4777.



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