

Volume 1, No. 2



**KSTATE** Nutrition  
Kansas State University

**PAGE**

Practical Advice for Good Eating

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Produced by the Family Nutrition Program within Family and Consumer Sciences, Cooperative Extension Service, Kansas State University, Manhattan, KS. This project was supported by the U.S. Department of Agriculture (USDA) through a contract awarded by Income Maintenance/Employment Preparation Services, KS Department of Social and Rehabilitation Services.

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**K-State Nutrition PAGE – Practical Advice for Good Eating**

## Make Breakfast a Priority

Eating breakfast can improve your ability to concentrate, your stamina, and your enthusiasm for the rest of the day. People who skip breakfast, or eat a nutritionally unbalanced breakfast, tend to select foods that are less healthful later in the day, compared to people who eat a good breakfast.

You can make breakfast more nourishing by following these suggestions.

**Stock basic foods** in your refrigerator, freezer and cupboard. Keep on hand whole grain products (cereals, breads), vegetables and fruits (fresh, canned, dried, and frozen) and 100% juices, dairy

products (milk, cup yogurt, cheeses) and protein foods (meat, fish, poultry, eggs, nuts, seeds, peanut butter, soy products, dry beans).

**Buy some fruits and vegetables that are fresh and some that are dried, canned or frozen**, if you shop once a week or less often. Also buy 100% juices. Use the fresh first; save the dried, canned and frozen products for later.

**Include foods made with whole grains** in most of your breakfasts. Whole grain breads and cereals add fiber to your diet and offer you more nutrients than refined flour products do.

**Keep baked goods in the freezer** to keep their taste fresh.

**Choose three or more of the five main food groups** at each breakfast. For example, choose a whole grain cereal, milk and fresh fruit, such as a banana. Or select tomato juice, 100% whole-wheat toast, and a scrambled egg. Or try a whole grain waffle, cooked prunes, and cup yogurt.

**Vary your selections.** Select colorful fruits and vegetables for good nutrition. Make breakfast something you want to wake up to!

**Fast facts about breakfast foods:**

- Healthful, tasty breakfasts don't have to take much energy to fix.
- A donut has five times more fat than a bagel.
- Foods that aren't "traditional" for breakfast may be very healthful choices.
- If you aren't hungry soon after you arise, drink your breakfast.
- A sausage & egg McMuffin from McDonald's has 27 grams of fat, almost half of the recommended daily value for fat.

**Healthful Breakfast Menu Ideas:** Choose one item from three different food groups, and then add more selections as desired.

**Grain products—preferably whole grains with fiber**

- Bagels
- Pita pockets
- English muffins
- Whole grain breads
- Tortilla shells
- Hot cereal

- Rice
- Unsweetened ready to eat cereals
- Baked muffins
- Waffles
- Pancakes
- Whole grain crackers

**Vegetables group**

- Low sodium vegetable juice
- Low sodium tomato juice
- Cherry tomatoes, green peppers, any vegetables that you like
- Salsa
- Soup

**Fruits group**

- Fresh fruits, such as grapes, bananas, berries, grapefruit
- Frozen fruits, such as pineapple, berries, melons
- Juice-packed canned fruits of all kinds
- 100% fruit juices in boxes, cartons, cans or bottles
- Prunes, raisins, any dried fruits that you like

**Dairy foods group**

- Cup yogurt (fruited or plain)
- Cottage cheese
- Milk (plain or flavored)
- Hot chocolate
- Shredded or sliced cheese
- Breakfast drink mixes
- Cheese spreads

**Protein foods group**

- Peanut or soy butter
- Scrambled, boiled, fried or poached egg
- Lean chicken, turkey, pork, beef or fish
- Cooked dry beans with seasonings
- Nuts
- Seeds
- Soy beverage
- Tofu
- Frozen prepared meal
- Leftovers from the day before

**Sweets and Fats group—use sparingly**

- Syrup
- Honey, jam or jelly
- Bacon
- Margarine, preferably without hydrogenated fats
- Cream cheese

Do yourself a favor—  
**Enjoy breakfast every day!**