

Family Nutrition In Action

Inside this issue:

- ◆ Breakfast for All
- ◆ School Breakfast
- ◆ Healthy Recipes:
 - Fruit Dippers
 - Mozzarella and Tomato Bread

School Breakfast

According to a survey by the American Dietetic Association (ADA) about 48% of all children in the United States are not eating breakfast daily.

Do you find it difficult to provide a balanced breakfast for your kids? Join the National School Breakfast Program. This program provides a nutritious, low-cost or free breakfast each morning at school.

Many schools offer free breakfast for all children, regardless of income requirements. Contact your school's front office for more information.

For more information, contact your local County Extension Office:

UF/IFAS-Pasco County Extension
Family Nutrition Program
Central Pasco Professional Center
4111 Land O' Lakes Blvd., Ste. #314
Land O' Lakes, FL 34639

Phone: (813) 929-2725
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Breakfast for All

Skipping breakfast is not a good idea for anyone. After a healthy breakfast, children tend to both concentrate and perform better. Eating a healthy breakfast may keep adults from eating too much.



A healthy breakfast is low-fat and includes at least three of the food groups.

Here are some examples of quick and healthy breakfasts:

- ☞ Whole wheat bread with peanut butter, topped with banana slices or any other fruit, and a glass of low-fat for fat-free milk.
- ☞ Bowl of fruit and whole grain cereal, topped with low-fat yogurt.
- ☞ Hard-cooked egg (cooked the night before and kept it refrigerated), whole grain bread and a glass of 100% apple juice.
- ☞ Leftover veggie pizza with a glass of 100% orange juice.
- ☞ Heated mashed pinto beans spread on a corn tortilla, topped with part-skim mozzarella cheese and a glass of 100% orange juice.

People have many different reasons for skipping breakfast. Here are some solutions to the most common reasons.

REASON	SOLUTION
I don't have enough time to make and eat breakfast.	Make breakfast the night before or have "grab-and-go" foods for rushing out the door like a granola bar and a banana.
I'm not hungry first thing in the morning.	Try waiting an hour or two before eating breakfast.
I don't like breakfast foods or eating the same old food every day.	Any food can be a breakfast food! Try something different every day like a leftover meal.

Fruit Dippers

Yield: 4 servings

Ingredients:

1/2 cup low-fat vanilla yogurt
2 tablespoons chopped peanuts
2 cups fruit (seedless grapes, apple wedges, strawberries)

Nutritional Value Per Serving:

Calories: 100
Total Fat: 3g
Saturated Fat: 0.5g
Fiber: 2g
Protein: 3g
Sodium: 35mg



Directions:

1. Stir yogurt and peanuts together.
2. Place fruit in a bowl.
3. Use a spoon to dip the fruit into the yogurt peanut mixture.

Adapted from: The Power of Choice **Food and Nutrition Service, USDA** and **Food and Drug Administration, DHHS**

Mozzarella and Tomato Bread

Yield: 1 serving

Ingredients:

1 slice whole wheat bread
3 ounces mozzarella cheese, sliced
1 medium Florida tomato, cut into large rounds
Dry or fresh basil to taste

Nutritional Value Per Serving:

Calories: 182
Total Fat: 8g
Saturated Fat: 4.5g
Fiber: 2g
Protein: 13g
Sodium: 343mg



Directions:

1. Place mozzarella cheese on bread.
2. Top with tomatoes and add basil.
3. Place in toaster oven at 350° F for 3-5 minutes.

Adapted from: Fresh From Florida Recipes-Vegetables. **Florida Department of Agriculture and Consumer Services**



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