



Growing Up Healthy & Active

November

Breakfast “Breaks the Fast”

According to a national survey only 56 percent of children eat breakfast daily; older children are least likely to do so. Other studies suggest that non-breakfast-eaters tire more quickly, are more irritable, and react less quickly than those who do eat breakfast.

Does your concept of breakfast need changing? Breakfast can be simple or elaborate, cooked or uncooked, sit-down or eat on-the-run, low or high in calories, mundane or varied. What you eat is less important than the habit of eating something.

Breakfast can be last night’s leftover pizza, a peanut butter sandwich, cereal and milk, or a blender delight (milk, plain yogurt and fruit or juice). Grapes, apples, bananas, cheese, yogurt, and hard-cooked eggs are other ready-to-grab breakfast ideas.

When planning breakfast, remember “bread-fruit-milk” are basic components of a nutritious breakfast.

Just Do It—Get Active

- Go bowling with family or friends.
- Put an aerobics video in your VCR and challenge yourself to stay with it. Work out as a family.
- Go roller-skating or ice skating with family or friends.
- Fix a Thanksgiving meal as a family and take it to a needy family.

Breakfast Cereal Challenge

The amount of sugar in ready-to-eat cereal is a concern for childhood weight issues (too many calories) and tooth decay. Here’s how to check the sugar of your favorite cereals.

Find the Nutrition Facts Panel on the side of the cereal box. Look for “Total Carbohydrate” and under this “sugar.” This example shows how much sugar is in one serving of a sample cereal:

CEREAL (without milk)	
One serving ($\frac{3}{4}$ cup) 1 oz.	Calories per serving 120
CARBOHYDRATE	
Starch and related carbohydrates	12 g
Sugars	12 g

This cereal has 12 grams of sugar in $\frac{3}{4}$ cup. Since 4 grams of sugar equals 1 teaspoon, you can find the number of teaspoons of sugar per serving.

$$\frac{12 \text{ grams}}{\text{servings}} \div \frac{4 \text{ grams}}{\text{teaspoon}} = 3 \text{ teaspoons of sugar}$$

REMEMBER: This is based on a serving size of $\frac{3}{4}$ cup. If your cereal bowl holds $1\frac{1}{2}$ cups, then you are eating two “servings” or 6 teaspoons of sugar.

RECOMMENDATION: Choose cereals that contain 6 grams or less of sugar per serving. Six grams equals $1\frac{1}{2}$ teaspoons of sugar.

EXCEPTION: Cereals containing dried fruit or raisins may have up to 10 grams of sucrose and other sugars and still be acceptable. Dried fruit contributes about 4 grams of naturally occurring sugar in addition to several vitamins, minerals, and fiber.

Recipe of the Month: Meal in a Potato

- 4 large potatoes
- 1 tablespoon cooking oil
- $\frac{1}{4}$ cup shredded cheese
- $\frac{1}{8}$ teaspoon nutmeg
- Toppings (leftover cooked meat, poultry, or vegetables)

Preheat oven to 425°. Scrub potatoes and pat dry. Rub outside with oil. Bake 45 minutes to 1 hour until potatoes are soft. Cut a lengthwise slice from each. Scoop out some of the pulp; mix with cheese and nutmeg. Spoon back into potatoes. Reheat leftovers and spoon on top. Makes 4 servings.

For breakfast potatoes: prepare as above using microwave, OR bake additional potatoes when preparing another meal. Add cheese, nutmeg, and meat or vegetables as above. Place in covered dish and refrigerate. Reheat in microwave and eat or wrap in foil and take along.

For more information

Visit these ISU Extension Web sites:

Nutrition—www.extension.iastate.edu/healthnutrition/

Answerline—www.extension.iastate.edu/answerline

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