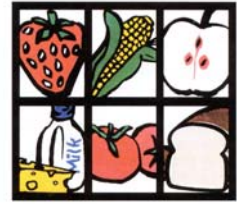


Eat Smart New York!



Breakfast Tips...

Sparker or Grouch -- how do you feel when you wake up? No matter how you get out of bed, consider a good breakfast. It can help you greet the day with a smile. Morning is the time when most of us face the day's peak energy demands, yet have the lowest energy reserves..

If your family skips breakfast, you all become sluggish, slow thinking and inefficient by mid-morning. You may crave snacks for quick energy. Candy or a cookie give you energy, but are low in nutrients.

An occasional menu change will probably do wonders for winning over reluctant eaters. Here are some bright ideas that will surprise appetites:

- Top fruit salad or grapefruit sections with blueberries.
- Make a breakfast shake with milk, vanilla ice cream, and strawberry or raspberry preserves.
- Serve a fried egg and slice of luncheon meat or cheese in a hamburger bun.
- Serve scrambled eggs as an open-face sandwich on rye toast. Sprinkle with shredded Cheddar cheese, chopped olives, grated Parmesan cheese, or crumbled bacon.
- Top corn or wheat flakes with vanilla ice cream and fresh or frozen strawberries, blueberries, or peaches, and a little milk.
- Stir chopped fruit (peaches, apples, blueberries) or nuts into pancake batter. Serve with your favorite topping or sour cream and a sprinkle of brown sugar.
- Make French toast with a new bread, for example, cinnamon, raisin, French or Vienna. Serve with margarine and powdered sugar.

You Don't Need 100%-You do not need to go out of your way to consume 100% of any, or all, of the nutrients at a single meal. Heavily fortified foods, especially those that provide close to 100% of the day's total nutrient allotment, are unnecessary unless there is a special dietary reason which requires so much nutrients in one meal.

Keep in mind that no one food needs to, or was ever intended to, supply all of the required daily nutrients in the recommended amounts. That's why it's important to select a variety of foods at every

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Breakfast Menus & Short Cuts

Using the pattern below, plan breakfast menus for your family for one week.

Day	Fruit or Juice	Protein Rich Food	Cereal	Bread	Beverage
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

These are the nutrients the Basic Breakfast supplies:

Fruit or Fruit Juice, rich in vitamin C gives you a good start on your daily needs.

Cereals, Breads, whole grain and restored, can be counted upon for some protein, iron, and several of the "B" vitamins. Fortified cereals make sizeable contributions of other nutrients as well, so read the labels.

Milk, with cereal and a beverage, supplies calcium, protein, and riboflavin; whole milk also supplies Vitamin A. Fortified milk usually contains Vitamin D. If skim or reconstituted nonfat dry milk is used, stir a teaspoon of honey or maple syrup into it for extra body and flavor.

Spreads include butter or fortified margarine for Vitamin A. Syrups, honey, and fruit preserves are high-energy foods.

Beverages such as coffee and tea are satisfying and enjoyable but do not contribute to the nutritional value of breakfast. If cream and sugar are used, count 35 calories for each tablespoon of light cream, and 16 for each level teaspoon of sugar. Cocoa made with milk; if a prepared mix is used, check the label for the nutrients it contains.

Breakfast Short Cuts:

- Plan a week's breakfast menu at one time. Advance meal planning has proved to be a time saver for homemakers. Have the children help plan.
- Stack a cupboard shelf with breakfast staples (mixes, assorted cereals, canned citrus juices, beverage items) and keep breakfast-getting utensils nearby.
- Bake two recipes of muffins at one time; package enough for each breakfast in aluminum foil; store in refrigerator or freezer for reheating just before serving. Frozen ones may be thawed overnight, if desired.