

## Celebrate Breakfast

Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the nation’s children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together.



### Did you know?

Breakfast is essential to the nutritional health of children.

A morning meal helps assure optimal development and growth.

A balanced breakfast supports improved alertness, attention, and academic performance.

A regular breakfast habit may decrease the risk of being overweight.

### Make Breakfast a Habit

- Parents are important role models for helping children develop good breakfast-eating habits.
- The benefits of eating breakfast outweigh the challenges.
- Involve children in selecting breakfast foods.
- Plan your breakfast the evening before, set the table, and prepare ingredients, if possible.

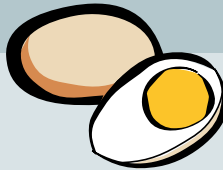
### What's For Breakfast?

#### Whole Grains

- Whole grains are a good source of fiber. Children need between 20-30 grams of fiber per day. Aim for at least 5 grams of fiber at breakfast. Fiber helps to promote regularity and prevent constipation and it helps prevent cancer and heart disease later in life.
- Whole grains include oatmeal, barley, brown rice cereals, buckwheat, whole cornmeal, millet, whole wheat, and others.
- Serve whole grain breakfast cereals, pancakes, and waffles.
- Use whole wheat bagels, breads, tortillas, and pita pockets.

#### Dairy

- Most school-age children need 3 servings per day of milk, yogurt, or cheese.
- Serve a glass of low-fat, fat-free, or soy milk with breakfast.
- Prepare a breakfast parfait with fruit and yogurt.



#### Protein Source

- Include a good source of protein for a more satisfying, longer lasting, and nutritionally balanced breakfast rather than an all-carbohydrate meal.
- Choose eggs, nuts, cheese, or beans for appealing sources of protein at breakfast.
- Hard-cooked eggs or cheese sticks are good choices for grab-and-go meals.
- Add nuts to hot or cold cereal for added protein.
- Add flavorful beans to an omelet filling.

#### Fruits

- Add a fruit to breakfast to get a head start on meeting daily fruit requirements. One hundred percent juice is an easy way to help reach that goal. Whole fruits and vegetables offer more fiber than juice.
- Serve a warmed fruit sauce on buckwheat pancakes or whole grain French toast.
- Add dried fruits, such as cherries, cranberries, or apples, to hot cereal.

#### Vegetables

- Consider adding your child’s favorite vegetable to an omelet or frittata.
- Serve carrots or celery with peanut butter for a different breakfast option.

### Resources

U.S. Department of Agriculture, *Inside the Pyramid*. Available at [mypyramid.gov/pyramid/index.html](http://mypyramid.gov/pyramid/index.html)

U.S. Department of Agriculture, *Dietary Guidelines for Americans*, 2005. Available at [www.health.gov/dietaryguidelines/default.htm](http://www.health.gov/dietaryguidelines/default.htm)

American Egg Board. Available at [www.aeb.org](http://www.aeb.org)

National Food Service Management Institute  
The University of Mississippi  
6 Jeanette Phillips Drive  
Post Office Drawer 188  
University, Mississippi 38677-0188  
800-321-3054 · [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

For more information, visit us on the Web at [www.nfsmi.org](http://www.nfsmi.org)



The egg is a nutrient rich food because it provides a wide range of nutrients in proportion to its calorie count (about 75 calories per large egg). Eggs are an excellent source of choline and good source of high-quality protein, vitamin B12, and riboflavin.

## Omelet Fillings

- Almost any food can fill an omelet, including cheese, ham, broccoli, and tomatoes.
- Use one or more filling ingredients to total about 1/3 to 1/2 cup for each omelet.
- Flavor the omelet or filling with about 1/8 to 1/4 teaspoon of your favorite herb, spice, or seasoning blend.
- Fill an omelet right after you've finished cooking it. At this point, the omelet will be hot enough to melt cheese and warm filling ingredients.

## Howard Helmer's 40-Second Omelet

Multiply the recipe by as many servings as you need and use 1/2 cup of the egg mixture for each omelet. For a sweet dessert omelet, substitute a pinch of sugar for the salt and pepper.

2	Eggs
2 tablespoons	Water
1/8 teaspoon	Salt, optional
Dash	Pepper, optional
	Fillings of your choice
1 teaspoon	Butter, oil, or cooking spray

- In a small bowl, beat together eggs and water until blended; season with salt and pepper, if desired.
- In a 7- to 10-inch omelet pan or skillet over medium-high heat, heat the butter or oil (or use cooking spray) until just hot enough to sizzle a drop of water.
- Pour in the egg mixture. The mixture should set immediately at the edges.
- With a spatula, carefully push the cooked egg portions at the edges of the pan toward the center so the uncooked portions can reach the hot pan surface, tilting the pan and moving the cooked portions as necessary. Do this until the egg is set but still moist on top.
- Sprinkle desired fillings on the left side of the pan (or right side if you are left-handed). Slide the spatula under the unfilled side of the omelet and fold it entirely over the filled side. Set aside spatula.
- Invert the omelet onto a plate with a quick flip of the wrist or slide the omelet from the pan onto a serving plate.

Source: American Egg Board

## Nutrition Facts

Serving Size 2 egg plain omelet  
Servings Per Container 1 each

Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 425mg	142%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein</b> 13g	
Vitamin A 10%	Vitamin C 0%
Calcium 6%	Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## White Bean Huevos Rancheros with Adobe Sauce

Serves 6

7 tablespoons	Olive oil	2 tablespoons	Cilantro, very finely chopped
1 each	Garlic clove, very finely chopped	1/4 teaspoon	Salt
1 each	Onion, finely chopped	1/4 teaspoon	Black pepper, freshly ground
3 each	Tomatoes, cored and coarsely chopped	4 ounces	Ham, thickly sliced, coarsely chopped
1/2 each	Chipotle chile in adobo, canned, minced (about 1 teaspoon), plus 1 teaspoon of the adobo sauce from the can	2, 15-ounce cans	White beans, drained
		1/2 cup	Water
		12 each	Corn tortillas, warmed
		12	Eggs, large
1 tablespoon	Lime juice, freshly squeezed	1/2 cup	Queso fresco, crumbled

## Nutrition Facts

Serving Size 1 portion  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 560	Calories from Fat 230
% Daily Value*	
<b>Total Fat</b> 26g	40%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 440mg	147%
<b>Sodium</b> 660mg	28%
<b>Total Carbohydrate</b> 54g	18%
Dietary Fiber 10g	40%
Sugars 4g	
<b>Protein</b> 30g	

Vitamin A 15% • Vitamin C 10%  
Calcium 25% • Iron 35%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
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Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

- For the adobe sauce: In a medium saucepan, heat 2 tablespoons of the oil. Add the garlic and half of the onion and cook over moderately high heat, stirring, until softened, about 5 minutes. Add the tomatoes, chipotle and adobo sauce and cook over low heat, stirring, until the tomatoes have broken down but are still slightly chunky, about 20 minutes. Stir in the lime juice and cilantro and season with salt and pepper. Puree until smooth. Keep warm.
- For the white beans: In a medium skillet, heat 2 tablespoons of the oil until shimmering. Add the remaining onion and cook over moderately high heat, stirring, until softened, about 5 minutes. Add the ham and cook, stirring, until browned, about 5 minutes. Add the beans and water, season with salt and pepper and cook over moderately low heat, mashing, about 10 minutes.
- Preheat the broiler. Spoon the bean mixture into 6 ovenproof shallow bowls and top with 2 folded tortillas. Set the bowls on a sturdy baking sheet.
- In a large nonstick skillet, heat 1 tablespoon of the oil. Crack 4 eggs into the skillet and cook over moderate heat until the bottoms are just set, about 2 minutes. Transfer 2 eggs to each bowl. Repeat 2 more times with the remaining oil and eggs.
- Sprinkle the queso fresco over the eggs. Broil the eggs 6 inches from the heat for about 1 minute, until the cheese is lightly browned and the egg yolks are just set. Spoon the warm adobe sauce on top.

Source: Chef Mike Garber, BLD Restaurant, Los Angeles, California

\*These recipes have not been standardized for use in child nutrition programs.