

Healthy Power Breakfasts For Kids

Children that start their day with a balanced, healthy breakfast perform better in school and are more prepared for the active day that lies ahead. By skipping breakfast, a child's overnight fasting period is extended, and blood sugar level declines, triggering a stress response that disturbs alertness and memory. In honor of National School Breakfast Week, the Physicians Committee for Responsible Medicine has put together their Top Ten list of healthy breakfasts for kids—meals that will both nourish them during the day, and help them develop healthy eating habits to stay slim and ward off chronic diseases later in life.

Power breakfasts for kids are rich in complex carbohydrates and fiber and include a fruit or vegetable and a modest amount of protein (10-15% of calories) from plant sources. Complex carbohydrates found in grains, beans, fruit and vegetables, are the preferred fuel for the muscles and the brain. Fruits and vegetables are rich in fiber, vitamin C, beta-carotene, and many other nutrients. The USDA recommends 2-4 servings of fruit and 3-5 servings of vegetables per day. Starting the day off with fresh fruit, a serving of vegetables or 100% fruit juice will help kids meet this recommendation. Research shows that adults who eat fruit and vegetables in adulthood also consumed them as children. A breakfast rich in fruits and vegetables and devoid animal protein helps support bone growth by decreasing calcium loss from the body.

The healthiest breakfasts leave out dairy and meat products, because these foods tend to be high in artery clogging saturated fat and cholesterol. In addition, numerous scientific studies link the consumption of cow's milk to obesity, anemia, ear infections, constipation, respiratory problems, heart disease, and some cancers. Moreover, since many children, particularly those of African, Asian, Hispanic, or Native American heritage, are unable to digest lactose (a dairy sugar), other calcium rich foods or beverages are preferred. Lactose intolerance, which develops gradually over the childhood and early adult years, causes flatulence, cramping, diarrhea, and bloating in some individuals.

A healthy breakfast doesn't have to take a lot of time. A bowl of unsweetened cereal with soymilk and a glass of juice is the favorite of many youngsters. Other quick ideas include toaster waffles with raw fruit, whole grain toast with peanut butter and jelly, or oatmeal and raisins. Below is a list of 10 delicious, kid-tested and dietitian-approved healthy meals for starting the day off right.

Top Ten Healthy Power Breakfasts for Kids

(Recipes for underlined items below)

1. Cinnamon Raisin French Toast
Chopped strawberries & blueberries
Fortified orange juice
2. Whole Wheat Pancakes
Applesauce
Fortified vanilla rice milk

3. Peanut butter & sliced banana on whole grain toast
Apple wedges
Fortified soymilk
4. Scrambled Tofu
2 slices whole grain toast with apple butter
Melon wedges
Grape juice
5. Quick Breakfast Pudding
1 banana
Fortified apple juice
6. Hot oat bran cereal made with fortified soymilk
Sliced pears
Fortified orange juice
7. Maple Walnut Granola
_ cup fortified vanilla rice milk
Fortified apple juice
8. Creamy Berry Smoothie
2 slices whole grain toast with jam
9. Raisin Bran cereal with sliced banana and fortified vanilla soymilk
Cranberry juice cocktail
10. Fruity Bran Muffin
Vanilla soy yogurt
apple juice

Standard Serving Sizes:

Fruit Juice = 4 ounces

Fruit = 1 medium piece, or _ cup chopped.

Peanut Butter = 2 Tablespoons

Recipes

Cinnamon Raisin French Toast

Makes 6 slices

This cholesterol-free French toast is a hearty and delicious way to start the day.

1 cup fortified soymilk or rice milk (plain or vanilla)

1/4 cup whole wheat pastry flour

1 tablespoon maple syrup

1 teaspoon vanilla
1/2 teaspoon cinnamon
6 slices cinnamon raisin bread

Combine milk, flour, maple syrup, vanilla, and cinnamon in a blender. Blend until smooth. Pour into a flat dish. Soak bread slices in batter until soft but not soggy. The amount of time this takes will vary depending on the bread used.

Cook in an oil-sprayed non-stick skillet until first side is golden brown, about 3 minutes. Turn carefully with a spatula and cook second side until brown, about 3 minutes.

Per slice: 129 calories; 6 g protein; 23 g carbohydrate; 2 g fat; 4 g fiber; 191 mg sodium; calories from protein: 17%; calories from carbohydrates: 68%; calories from fats: 15%

Recipe from *Healthy Eating for Life for Women* by Kris Kieswer

Whole Wheat Pancakes

Makes 24 2-inch pancakes

Six simple ingredients are all it takes to make these nutritious, whole grain pancakes. They are delicious with fresh fruit, unsweetened spreadable fruit, or maple syrup.

1 banana
1-1/4 cups fortified soymilk or rice milk
1 tablespoon maple syrup
1 cup whole wheat pastry flour or whole wheat flour
2 teaspoons sodium-free baking powder
_ teaspoon salt
fresh fruit, spreadable fruit or maple syrup for serving

In a large bowl, mash banana, then stir in milk and maple syrup.

In a separate bowl mix flour, baking powder, and salt. Add to banana mixture and stir until smooth.

Pour small amounts of batter onto a preheated non-stick, lightly oil-sprayed griddle or skillet and cook until tops bubble. Flip with a spatula and cook second side until golden brown, about 1 minute. Serve immediately.

Per pancake: 42 calories; 2 g protein; 9 g carbohydrate; 0.5 g fat; 1 g fiber; 37 mg sodium; calories from protein: 14%; calories from carbohydrates: 75%; calories from fats: 11%

Recipe from *Healthy Eating for Life for Children* by Amy Lanou, PhD.

Applesauce

Makes about 6 cups

Homemade applesauce is quite simple to prepare and full of flavor. It can be served hot or cold, or used as a topping for toast, pancakes, or cereal. Directions are given for cooking it on the stove or in a crockpot.

6 large tart apples (gravenstein, pippins, Granny Smith, etc.)
1 cup undiluted apple juice concentrate
_ teaspoon cinnamon

For chunky applesauce, peel apples, then core and dice. Place in a large pan. Add apple juice concentrate, then cover and cook over low heat, stirring often, until apples are soft. Mash slightly with a fork if desired, then stir in cinnamon. Serve hot or cold.

For smoother applesauce, cut apples into quarters and remove cores. Chop finely in a food processor. Transfer to a pan and add apple juice concentrate and cinnamon. Cover and cook, stirring often, over low heat until tender, about 15 minutes.

To prepare in a crockpot, place diced or chopped apples in crockpot with 1/2 cup of apple juice concentrate and 1/2 teaspoon of cinnamon. Cover and cook on high for 2 1/2 to 3 hours.

Per 1/2-cup serving: 101 calories; 0.3 g protein; 26 g carbohydrate; 0.5 g fat; 2 g fiber; 6 mg sodium; calories from protein: 1%; calories from carbohydrates: 95%; calories from fats: 4%

Recipe from *Healthy Eating for Life for Children* by Amy Lanou, PhD.

Scrambled Tofu

Makes about 1 cup

This nutritious golden scramble is especially good with toasted English Muffins. It can also be wrapped in a whole wheat tortilla for a delicious breakfast burrito.

2 teaspoons toasted sesame oil
_ pound firm tofu, crumbled
_ teaspoon onion powder
_ teaspoon garlic granules
_ teaspoon turmeric
_ teaspoon cumin
1/8 teaspoon black pepper
2 teaspoons soy sauce

Heat oil in a non-stick skillet. Add onions and cook over medium heat, stirring often, for 3 minutes. Add tofu, turmeric, garlic granules, cumin, black pepper, and soy sauce. Cook, stirring gently for 3 to 5 minutes.

Per 1/2-cup serving: 137 calories; 10 g protein; 4 g carbohydrate; 10 g fat; 2 g fiber; 177 mg sodium; calories from protein: 27%; calories from carbohydrates: 11%; calories from fats: 62%

Recipe from *Healthy Eating for Life for Children* by Amy Lanou, PhD.

Quick Breakfast Pudding

Makes about 4 cups

Dried fruit and oatmeal make a sweet, creamy breakfast cereal.

- 8 dried apricot halves
- 5-6 dried figs
- _ cup raisins
- 1 green apple (Pippin or Granny Smith)
- 1 cup quick rolled oats
- 3 cups fortified vanilla soymilk or rice milk
- _ teaspoon cinnamon

Chop apricots, figs, and raisins in a food processor.

Cut apple in quarters and remove core. Add to dried fruit in food processor and chop finely.

Transfer to a saucepan and add oats, milk, and cinnamon. Heat to a simmer then cover and cook, stirring occasionally, until thickened, about 5 minutes.

Per 1/2-cup serving: 136 calories; 5 g protein; 26 g carbohydrate; 3 g fat; 4 g fiber; 13 mg sodium; calories from protein: 13%; calories from carbohydrates: 71%; calories from fats: 16%

Recipe from *Healthy Eating for Life for Children* by Amy Lanou, PhD.

Maple Walnut Granola

Makes about 6 cups

This yummy granola is made without added oil.

- 3 cups rolled oats
- 1 cup wheat germ
- _ cup chopped walnuts
- _ cup raisins
- _ cup dried cranberries (optional)
- _ cup sesame seeds
- _ cup maple syrup
- 2 tablespoons molasses
- 1 teaspoon cinnamon

Preheat oven to 300°F.

Combine all ingredients in a large bowl and mix thoroughly.

Transfer to a 9 x 13-inch baking dish. Bake, turning often with a spatula, until mixture is golden brown, about 25 minutes.

Per 1/2-cup serving: 202 calories; 7 g protein; 31 g carbohydrate; 7 g fat; 4 g fiber; 5 mg sodium; calories from protein: 13%; calories from carbohydrates: 59%; calories from fats: 29%

Recipe from *Healthy Eating for Life for Children* by Amy Lanou, PhD.

Creamy Berry Smoothie

Makes about 2 cups

Few healthy breakfasts are quicker and more satisfying than a creamy fruit smoothie.

- 1 banana
- 1 _ cups frozen berries (about 1 bag)
- 2 cups calcium-fortified vanilla soymilk, or other milk alternative
- 2 tablespoons calcium-fortified orange juice from frozen concentrate

Place all ingredients in a blender. Blend at high speed until smooth. (You'll have to stop the blender occasionally and move the unblended fruit to the center with a spatula to get your smoothie smooth.)

Fruity Bran Muffins

Makes 12 muffins

The combination of oat and wheat brans makes these wholesome, fruity muffins doubly healthful. Oat bran helps keep blood cholesterol levels low while wheat bran promotes a healthy digestive tract. Prune puree makes them moist without added fat. The muffins will be quite moist when they first come out of the oven, so let them stand a few minutes before serving.

- 2 cups whole wheat or whole wheat pastry flour
- _ cup wheat bran
- _ cup oat bran
- _ teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- _ teaspoon nutmeg
- 1 apple, finely chopped or grated (use a food processor)
- _ cup raisins
- 1_ cups fortified soymilk or rice milk
- 1_ tablespoons vinegar
- 1 4-ounce jar prune baby food or other prune puree

1/3 cup molasses

Preheat oven to 350°F.

Mix flour, brans, salt, soda and spices.

In a separate bowl combine chopped apple, raisins, milk, vinegar, prune baby food, and molasses.

Combine wet and dry ingredients and stir to mix. Spoon batter into oil-sprayed muffin pans, filling them nearly to the top. Bake until tops bounce back when lightly pressed, about 25 minutes. Let stand 1 to 2 minutes, then remove from pan and let stand 5 minutes before serving.

Per muffin: 159 calories; 5.5 g protein; 37 g carbohydrate; 2 g fat; 6 g fiber; 203 mg sodium; calories from protein: 12%; calories from carbohydrates: 80%; calories from fats: 8%

Recipe from *Healthy Eating for Life to Prevent and Treat Diabetes* by Patricia Berton, RD.

NOTES:

Components for Traditional Food-based Menu Planning System - To qualify as a reimbursable breakfast under the traditional food-based menu planning system, the FOUR required food items for a daily breakfast are:

- two servings of grains/breads or two servings of meat/meat alternate or one serving of grains/breads and one serving of meat/meat alternate,
- one serving of milk, and
- one serving of juice/fruit/vegetable.