

Nutrition module

ACTIVITY: BUILDING A BETTER BREAKFAST

The traditional breakfast below needs a makeover. What would you change in this breakfast to make it more healthful? Write down your food choices to reduce the calories and fat and increase the fiber in this meal. Record the choices from the correct food lists, (also referred to as food groups), for these healthier breakfast foods.

Traditional Breakfast		Healthier Breakfast	
Food	Food Lists/Groups	Food	Food Lists/Groups
1 cup apple juice	1 fruit		
1 egg fried in 1 tsp butter	1 meat, 1 fat		
2 strips bacon	1 meat, 2 fat		
1 slice white toast	1 starch		
1 tsp butter	1 fat		

Now check your menu planner for the food lists/groups recommended for your breakfast, and create a breakfast that fits your food lists/groups. Be sure to consider your own situation in the morning. For example, if you're usually in a rush, on the road, or don't like breakfast foods, build a breakfast that fits your needs.

Your Recommended Food Lists/Groups for Breakfast	Breakfast that Fits Your Food Lists/Groups

Suggestions for a Healthier Breakfast

Food	Food Lists/Groups
1/2 grapefruit	1 fruit
1 poached egg	1 meat
1 slice whole wheat toast with 1 Tbsp reduced-calorie margarine	1 starch, 1 fat
1 cup skim milk	1 milk