



Ohio State University Extension
Family Nutrition Program
Expanded Food and Nutrition Education Program

Nutrition News

Family Edition

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Patti Koester, Hancock Co.

Patti's favorite summertime
breakfasts . . .

Toasted whole wheat English
muffin topped with light cream
cheese and thick slice of
tomato

Granola, vanilla yogurt and
fresh peaches

Toaster waffle and
blueberries drizzled with
a little syrup to make 'em
stick (eat like toast)

On the run?

Try a banana and a little
baggie of peanuts or grab an
apple and a piece of low fat
cheese.

Mom was right - breakfast IS
the most important meal of
the day! (and YUMMY!)

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Eat a Healthy Breakfast

Breakfast means "break the fast." Why is breakfast so important? It has probably been at least 10 to 12 hours since dinner the night before. Would you expect your body to go that long between meals during the day?

Compare your body to a car. The car (and your body) can only go so far before it needs to be refueled. Our bodies, like cars, perform better with the right kind of fuel. The benefits of eating breakfast include:

- Being more alert and doing better at school or work.
- Being more creative and performing better.
- Having a longer attention span and increased memory.
- Having fewer headaches and stomachaches.
- Being late less often and missing fewer days at work or school.
- Having better attitudes and behavior.
- Getting the proper nutrients for children to grow and develop.
- Having better total nutrition for the whole day.

If you skip breakfast to save time, do some preparation the night before. Have foods on hand that you can eat on the run. If you have children, check to see if the School Breakfast Program is offered. If yes, consider your child eating breakfast at school.

If common "breakfast foods" do not sound appealing, try something else. Leftover pizza, a peanut butter and banana sandwich, a breakfast burrito, or a fruit smoothie will be fine for breakfast. Eat breakfast as a family and help everyone start the day right.



***If you skip breakfast to save time,
do some preparation the night before.***

Source: United States Department of Agriculture. Food and Nutrition Service (2001). *Eat Smart. Play Hard.*™ Alexandria, VA: Author.

Take the Mystery Out of Label Reading

Reading food labels does not have to be a major task. Nutrition labels have two parts: 1) specific information about the food and 2) general nutrition information.

Serving size and number of servings in the package are listed directly under the Nutrition Facts heading. The serving size is what most people actually eat, not necessarily the amount recommended by MyPyramid.

Below the first heavy line on a food label is information to help you decide how the food fits into a healthy diet. For example, limit the amount of fat, cholesterol, and sodium you eat. Try to keep the percent Daily Value (% DV) of those nutrients below 5%. When you add up the whole day's percentages for each of these nutrients, they should total 100% or less.

Many people do not get enough fiber, vitamins A, C, or E, calcium, iron, magnesium, or potassium. For these nutrients, look for foods that have numbers closer to 20% or above. The daily total percentage for each of these nutrients should be at least 100%. Other nutrients that may be listed are fat, saturated fat, cholesterol, total carbohydrates, sugars, and protein.

The list of ingredients is shown separately from the Nutrition Facts. Ingredients are shown in descending order by weight. The item weighing the most is listed first.

Start here

Limit these nutrients

Eat enough of these nutrients

Footnotes

| Nutrition Facts | |
|--|-----------------------------|
| Serving Size 1-1/4 cup (1/8 recipe) (297g) | |
| Servings Per Container 8 | |
| Amount Per Serving | |
| Calories 90 | Calories from Fat 10 |
| % Daily Value* | |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Cholesterol 5mg | 2% |
| Sodium 890mg | 37% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 3g | 12% |
| Sugars 4g | |
| Protein 7g | |
| Vitamin A 30% • Vitamin C 35% | |
| Calcium 8% • Iron 6% | |
| *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 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Quick guide to % DV (percent daily value)

Be aware of other names for sugars, fats, and sodium. For example, ingredients ending with the letters "ose" are all types of sugar.

Food labels can help you make healthier choices. Just remember:

- The 5% and 20% guidelines.
- Ingredients are listed from most to least.
- The serving size on the Nutrition Facts label may be different from the size recommended by MyPyramid.

Source: Duyff, R.L. (2006). *American Dietetic Association Complete Food and Nutrition Guide, Revised and Updated*. (3rd ed.) John Wiley & Sons, Inc., Hoboken, N. J.: John Wiley & Sons.

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The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county department of Job and Family Services.

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