

Breakfast First!

To help your child or teen eat more healthfully, start with breakfast



Breakfast truths every parent should know

- **A number of studies suggest that kids who skip breakfast are more likely to be overweight.** Experts don't yet know the reasons why there might be a connection; it may be that breakfast skippers snack more or eat more food later in the day.
- **Healthier breakfast choices can make a difference.** Even minor changes in breakfast habits can cut calories and provide better nutrition.

The Healthy-Breakfast Checklist

The goal is to give kids a nutritious breakfast that fills them up without giving them extra calories. To do this, include these three food types in each breakfast:

- ✓ **1. High-fiber, whole-grain foods**, such as whole-wheat bread, oatmeal or whole-grain cold cereals
- ✓ **2. A good source of protein**, such as milk, yogurt, a tablespoon of peanut butter or an egg
- ✓ **3. Fruit**, which is more filling than fruit juice



Tips for making the move to healthier, lower-calorie breakfasts

- **Add high-fiber cereals to lower-fiber ones.** Over a couple of weeks, gradually pour in more of the high fiber cereal and less of the other.
- **Give them sweetness without added sugar.** Make unfamiliar foods like bran cereals, unsweetened oatmeal and grapefruit more appealing by sprinkling a no-calorie sweetener (such as SPLENDA® No Calorie Sweetener) on top, which can be used safely by the whole family including children.
- **Look for lower sugar** cereals, breakfast bars, syrups, yogurts and more.
- **Drain some calories from drinks.** Plain nonfat milk and water are the best bets. But if chocolate milk is a "must," use lower-sugar syrup. For juice, use small glasses instead of large ones. When mixing flavored drinks, use a no-calorie sweetener instead of sugar.

Watch portion sizes! Even healthy choices can pack too many calories if you eat too much. Use a measuring cup to get portions right.

Prevent meal skipping

Make it easy to eat breakfast

- **Think grab-and-go.** Kids always running late? Offer healthy foods they can eat on the way to school such as low-calorie yogurt and yogurt drinks, whole-wheat toast with a light coating of peanut butter, fruit, or one portion of dry cereal in a single serving plastic bag.
- **Suggest untraditional choices.** Breakfast doesn't have to mean "breakfast food." Dinner leftovers, sandwiches, reduced-fat cheese sticks, and raw veggies can provide the morning fuel kids need.
- **Pack a mid-morning snack.** If kids insist they're just not hungry, pack a healthy snack they can eat in an hour or two (if the school allows).



Some cereal bars are more nutritious than others.

Compare labels and choose ones that are low in fat and have 2 or more grams of fiber.

How to choose a cereal

What to look for:

- **Made with whole grains**
- **High fiber: 5 grams or more per serving**
- **Low sugar: no more than 8 grams of sugar per serving**

Tip: To make breakfast more filling, add fresh fruit.

Better breakfast options

Reducing calories, increasing nutrients

Instead of...	Try this...
Frosted toaster pastry	1/2 whole-wheat bagel topped with a light coating of fat-free cream cheese. Mix cinnamon with no-calorie sweetener* and sprinkle over top
Stack of pancakes with butter and syrup	2 frozen whole-grain waffles topped with fruit (sliced bananas, berries) and drizzled with low-cal or sugar-free syrup
A fast-food store's egg-and-muffin sandwich	Breakfast burrito: whole-wheat tortilla with a scrambled egg, low-fat cheddar cheese and salsa
Sugar-sweetened cereals and whole milk	Unsweetened cereal and fat-free or low-fat milk topped with fruit and sweetened with a no-calorie sweetener*

*such as SLENDA® No Calorie Sweetener

For tasty, lower-sugar recipes, visit www.splenda.com.

Cutting back on sugary breakfasts can be a start...

2 simple changes your family can make

Families can slow the rate of weight gain in overweight children by making two simple changes every day:[†]

1. **Cut 100 calories** You can shave calories here and there throughout the day, or make a single, 100-calorie change, in part by using SLENDA® Brand Sweetener instead of sugar.
2. **Add 2,000 steps** Kids can add 2,000 steps by walking just 15-20 minutes. (Even pacing while talking on the phone counts!)

For more ideas on how to cut 100 calories and add 2,000 steps, go to www.splenda.com and click on A Child's Weight Matters.



SLENDA® Brand Sweetener can be used safely by the whole family, including children, women who are pregnant or nursing, and people with diabetes.

[†]America On the Move® Family Study developed at the University of Colorado at Denver and Health Sciences Center by Dr. James Hill, co-founder of America On the Move®, with support from McNeil Nutritionals, LLC.

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