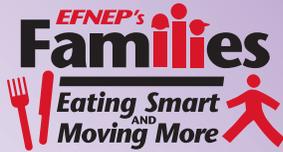


EATING SMART ON THE RUN



WHAT MAKES A SMART BREAKFAST?

A smart breakfast includes one item from each of these three groups:

GRAIN

PROTEIN/DAIRY

FRUIT/VEGETABLE

FITTING BREAKFAST INTO YOUR DAY

- Get it ready the night before.
- Keep it real simple.
- Pack it to go.
- Plan and shop ahead.



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Making Smart Breakfast Choices

CHOOSE ONE FROM EACH GROUP

GRAIN

- Whole-wheat tortilla
- Whole-grain bagel
- Whole-wheat pita bread
- Whole-wheat toast
- Low-fat granola bar
- Oatmeal
- Whole-wheat toaster waffle
- Whole-grain cereal

PROTEIN/DAIRY

- Low-fat milk
- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat yogurt
- Peanut butter
- Hard-cooked egg
- Hummus
- Low-fat ham or turkey

FRUIT/VEGETABLE

- Banana
- Raisins
- Apple
- Grapes
- Orange slices
- Kiwi
- Tomato juice
- Broccoli
- Sliced tomato
- Other in-season fruits/vegetables

WINNING COMBINATIONS FOR YOU AND YOUR FAMILY!

Use the lists above to create three different breakfast combinations for you and your family. Feel free to add your own items. Remember, your goal is to include a grain, protein/dairy and fruit/vegetable.

BREAKFAST 1

Grain:

Protein/Dairy:

Fruit/Vegetable:

BREAKFAST 2

Grain:

Protein/Dairy:

Fruit/Vegetable:

BREAKFAST 3

Grain:

Protein/Dairy:

Fruit/Vegetable:



FRENCH TOAST

Makes 8 servings

Serving Size: 1 slice

Tip: This recipe is great topped with fresh fruit. Serve with cold nonfat or low-fat milk.

Note: If you have more than you can use, freeze and save for another day. Your French toast can be reheated in the microwave, toaster or toaster oven.



Eat Smart

Ingredients

- 4 eggs, beaten
- 1 cup skim milk
- 1/2 teaspoon ground cinnamon or nutmeg
- 1/2 teaspoon vanilla
- 8 slices of whole-wheat bread (Day-old bread is easier to use.)
- 1 tablespoon margarine

Directions

1. In a large bowl, beat eggs with fork, and add milk, cinnamon and vanilla. Beat together until mixed well.
2. Melt margarine in a large skillet on medium-high heat.
3. Dip one slice of bread at a time in the egg mixture to coat both sides.
4. Place in hot skillet. Brown each side, about 2 minutes or more.
5. Serve the toast with pancake syrup, fruit sauce (recipe below) or applesauce.

FRUIT SAUCE (optional) Makes 8 servings. Serving size: 1/4 cup

Ingredients

- 3 cups sliced strawberries or other fruit of your choice
- 1/3 cup lite maple-flavored syrup (reduced sugar)
- dash cinnamon

Directions: Combine syrup and cinnamon in microwave safe dish. Place in microwave and heat approximately 30 seconds or until warm. Spoon over fruit and toss gently. Serve immediately over French toast.

Nutrition information Per Serving

FRENCH TOAST	Dietary Fiber	7 g	Saturated Fat	0 g
180 calories	Sodium	210 mg	Protein	0 g
Total Fat 5 g			Total Carbohydrate	11 g
Saturated Fat 1 g	FRUIT TOPPING		Sodium	0 mg
Protein 9 g	45 calories			
Total Carbohydrate 25 g	Total Fat	0 g		Excellent source of Vitamin C



ADD SOME KICK TO YOUR CLEANING

Turn on your favorite music while you are cleaning. Get your kids to move along with you. What music will you listen to this week when cleaning?

