

Break The Fast

School Nutrition Program
March 2011

When we wake up from a night's sleep, our bodies may have been fasting for more than ten hours! The brain operates almost exclusively on blood sugar, especially in the short term. Therefore, adults and children need to eat something in the morning to replenish their blood sugar. Consuming energy before the day's activities also allows the body to refuel for the day ahead. **It is important to remember that mood and energy levels can drop by midmorning if the brain and body do not receive the fuel they need.** Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar will boost alertness, concentration, memory, and mood.



Yummy Yes's

- Whole Grain Waffle with Peanut Butter
- Light Yogurt with Granola
- Warm Oatmeal and Cheese Slices
- High Fiber cereal sweetened with Splenda®
- Milk, Water, and Juices



Breakfast Boo's

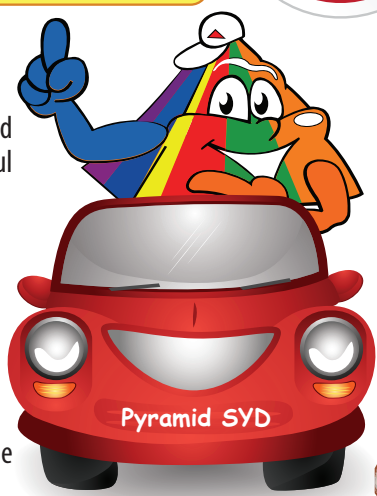
- High Fat Doughnuts
- Sugary Cereals
- Candy Bars and Cookies
- Buttery Biscuits with Gravy
- Soda, Sweet Tea, and Coffees

Our Road to Wellness

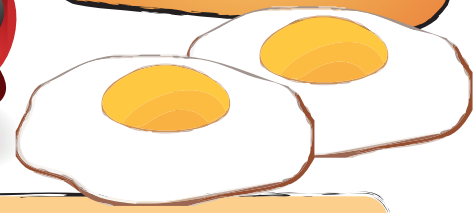
Look how far we have come in the past few months! We have explored all the sections of the Food Guide Pyramid and gathered some helpful information about making simple changes to improve our health!

- **Increase Your Intake With Fruits & Veggies**
- **Eat More Whole Grains**
- **Pick Beans & Lean Meats**
- **Choose Low-Fat Milk Products**
- **Lower Your Oil Level**

Consume healthy portions from all parts of the pyramid and find time to exercise at least 30 to 60 minutes everyday!



Knock-Knock
Who's there?
Hammond
Hammond who?
Hammond eggs
for Breakfast!



National School Breakfast Week March 7-11

Breakfast served at school must meet federal nutrition standards and provide ¼ or more of the daily recommended levels for key nutrients for children. According to the Food Research and Action Center, children who eat school breakfast consume **MORE FRUITS, MORE MILK**, and eat a wider **VARIETY OF FOODS** than kids who have breakfast at home. In addition, research says that kids who eat breakfast at school **PERFORM BETTER ON** standardized **TESTS, INCREASE** math and reading **SCORES**, and **IMPROVE SPEED and MEMORY** in cognitive tests than children who eat breakfast at home. So, if your school serves breakfast, don't miss this opportunity to receive the nutritional and educational benefits of breakfast!!

Believable But Bogus

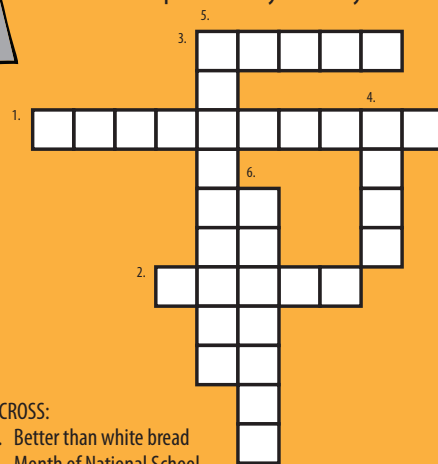
BROWN EGGS ARE BETTER THAN WHITE EGGS.

The majority of us have eggs in our refrigerator. But what is the difference between brown eggs and white eggs? Nothing! According to the Georgia Egg Commission, the breed of hen determines the color of the shell. Chickens with red feathers and red ear lobes lay brown eggs. And, chickens with white feathers and white ear lobes lay white eggs. **The color of the egg has nothing to do with the quality, nutrient value, or taste of the egg.** Whether you choose brown or white, eggs provide a good source of protein and a wide variety of vitamins and minerals such as A, B12, C, D, E, K, iron, and zinc.



Nutrition Mission

Make it your mission to decode the messages below! Look back through the newsletter to remember why each of these words is important to your daily diet.



ACROSS:

1. Better than white bread
2. Month of National School Breakfast Week
3. Operates almost exclusively on blood sugar

DOWN:

4. A mineral found in eggs
5. First meal of the day
6. Food Guide _____

Answers: 1. Whole grain, 2. March, 3. Brain, 4. Iron, 5. Breakfast, 6. Pyramid

Recipe Rescue: Eggceptional Breakfast Bread

Ingredients:

- 1 slice white bread
- 1 tsp butter
- 1 egg
- 2 Tbsp cheese, shredded
- Salt and Pepper



Rescue with:

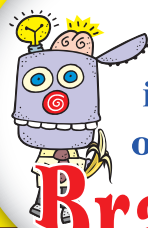
- 1 slice of whole wheat bread
- Cooking Spray
- 1 egg
- 2 Tbsp low-fat cheese, shredded
- Salt and Pepper

Directions: In center of bread, cut a 2 inch circle. Use cooking spray to coat both sides of bread and a nonstick skillet. Over medium-high heat, place bread in hot skillet. Break the egg into the hole. Cook until the egg solidifies on the bottom. Flip with a large spatula, and sprinkle with salt, pepper, and cheese. Cook until the white is completely set and the yolk begins to thicken but are not hard. Serve immediately.

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Fuel up first thing, it's good on the



Brain!

For more information, please contact us or visit our website.

<http://www.hcbe.net/nutrition/>

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