

CHECKLIST FOR A HEALTHY BREAKFAST MENU

Grain Products

- Whole grain bread, bagels, tortillas and pita bread; avoid cakes, croissants, doughnuts, pastries, cookies and commercially made muffins
- Whole grain cereal; choose one that is at least a "high source" of fiber and compare labels to choose ones that have less sugar
- Oatmeal; serve plain oats, not the artificially flavored and sweetened packages, and add flavor for a low cost by incorporating raisins, cinnamon and applesauce
- Whole grain ingredients for recipes, such as buckwheat for pancakes or quinoa for granola bars
- Whole wheat flour for baking; in most recipes, you can substitute half of the white flour with whole wheat flour

checklist

Vegetables and Fruit

- Vegetables and fruit every day
- Leafy green vegetables to add to smoothies or omelettes
- 100% fruit juice; serve only once per week and avoid juice labelled as "fruit drink" or "fruit punch"
- Unsweetened frozen fruit
- Canned fruit packed in fruit juice; avoid fruit products with "sugar" or "syrup" in the ingredient list
- Low sodium or sodium-free canned vegetables; rinse and drain canned vegetables to lower the sodium content



BRIGHT IDEAS

- Consumers can find out if a product is made with whole grain by reading the ingredient list on the food label. Whole grain foods will have the words "whole" or "whole grain" followed by the name of the grain as one of the first ingredients. The beginning of the list could say whole grain wheat or whole grain oats.
- Look at the ingredient list rather than the colour of a food when choosing whole grain foods. Some brown bread, for example, is simply white bread coloured with molasses.

Milk and Milk Alternatives

- ❑ Skim, 1% or 2% milk, or soy beverages with the word 'fortified' on the package
- ❑ Plain yogurt and plain Greek yogurt; sweeten with fruit or add herbs for a vegetable dip
- ❑ Real cheese: limit cream cheese and avoid processed cheese slices and cheese spread



BRIGHT IDEAS

- Use milk when preparing scrambled eggs and hot cereal
- Create smoothies by blending milk or a fortified soy beverage with a combination of fresh or frozen fruit
- If chocolate milk is served occasionally, please mix with white milk for less sugar

BRIGHT IDEAS

Bake from scratch! Why not make highly nutritious and tasty options for your breakfast program.

Increase fibre in pancakes, muffins and loaves by adding wheat germ, bran, flax or oats. Try shredding carrot, apple or zucchini for even more fibre and added nutrients.

Trying to cut down on the fat? Substitute half of the oil called for with unsweetened apple sauce, mashed banana or pumpkin. Tip – add ¼ cup more pureed fruit to ensure the recipe stays moist.

Meat and Meat Alternatives

- ❑ Eggs
- ❑ Beans and lentils; add to omelettes or serve as a side dish
- ❑ Nuts and seeds; add to cereal, oatmeal, muffins, granola bars and trail mix
- ❑ Natural nut butter or soy nut butter
- ❑ Tuna; add tuna sandwiches on whole grain bread to your menu
- ❑ Lean meat prepared with little or no added fat or salt; avoid luncheon meats, processed meats, bacon, and sausages

Toppings and Spreads

- ❑ Unsaturated fats or oils instead of shortening or stick (hard) margarine
- ❑ Herbs and spices instead of salt
- ❑ Reduced sugar jams
- ❑ 100% maple syrup, pure honey, unsweetened apple sauce and fresh fruit instead of table/pancake syrup
- ❑ Real cheese slices instead of processed cheese slices, cheese spread and cream cheese
- ❑ Natural nut butter or soy nut butter instead of nut butters with added sugar, fat and salt or chocolate spread