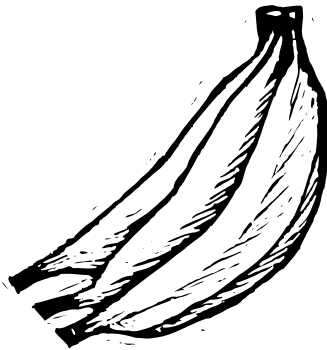
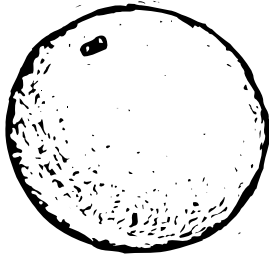


Build Your Kids' Breakfast the "5 Star" Way



How can you tell if your children are eating a healthy breakfast? Use the following quick and easy rating system to find out. The goal is to earn at least five stars. Here's how it works:

Give yourself one star for each choice from a *different* food group. The four food groups that count are Grains, Fruits/Vegetables, Milk, and Meat/Eggs. You get no stars for the fifth food group, Fats/Sweets.

Give yourself one star for each *whole-grain* food. Scan the ingredients and make sure the words "whole" or "whole grain" appear first on the list, before "oats," "wheat," "rice" or "corn."

Give yourself one star if your children actually *ate* the breakfast!

An Example of a "5 Star" Breakfast

Let's say you serve instant oatmeal made with skim milk and topped with cinnamon and raisins. You earn:

- Three stars for three different food groups (instant oatmeal from Grains, skim milk from Milk, and raisins from Fruits/Vegetables).
- One star for a whole-grain food. Instant oatmeal, like regular oatmeal, is an excellent whole-grain choice and a good source of fiber.
- One star because your children ate this breakfast. (Children love to eat oatmeal!)

How to Transform Their Favorite Breakfast Into a "5 Star" Meal

Here are some examples of "before" and "after" breakfasts, to show you how to give your children a nutritious meal that will help them rise and shine.

Meal #1 – Cereal and Milk

BEFORE: With this typical breakfast, you earn:

- Two stars for two different food groups (Grains and Milk).
- One star if your children ate it.

AFTER: Transform this breakfast by buying whole-grain cereal (such as an oat-based granola) and topping with fresh berries. Now, you earn:

- Three stars for three different food groups (Grains, Milk, and Fruits/Vegetables).
- One star for a whole-grain food (the cereal).

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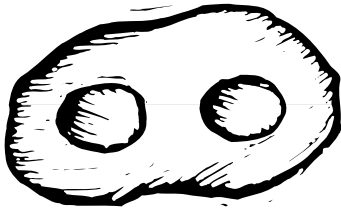
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- One star if your children ate it.
- Add a bonus star if you serve lowfat milk!

Meal #2 – Scrambled Eggs and Bacon

BEFORE: With this typical breakfast, you earn:

- One star for one food group (Meat/Eggs). Bacon is from the Fats/Sweets category so it doesn't count.
- One star if your children ate it.



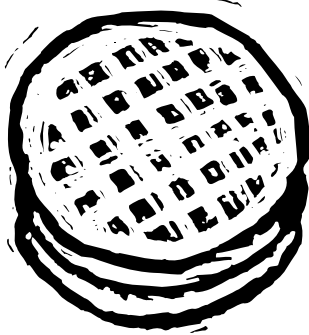
AFTER: Round out this traditional breakfast by adding a slice of whole-grain toast and a glass of calcium-fortified orange juice. Now, you earn:

- Three stars for three different food groups (Meat/Eggs, Grains, and Fruits/Vegetables).
- One star for a whole-grain food (the toast).
- One star if your children ate it.
- Add a bonus star if you top the eggs with grated cheese!

Meal #3 – Chocolate Doughnut and Fruit Drink

BEFORE: With this familiar breakfast, you earn:

- One star for a single food group (Grains).
- One star if your children ate it.



AFTER: Have your children dunk a cake-type doughnut in lowfat chocolate milk and then drink the milk. Swap the fruit drink for a naturally sweetened fresh fruit cup, and add a hard-boiled egg. Now, you earn:

- Four stars for four different food groups (Grains, Milk, Fruits/Vegetables, and Meat/Eggs).
- One star if your children ate it.
- Add a bonus star if you encourage your child to be physically active—for example, walking the dog after breakfast or biking to a friend's house!

Meal #4 – Toaster Waffles and Sausage

BEFORE: With this breakfast, you earn:

- Two stars for two different food groups (Grains and Meat/Eggs).
- One star if your children ate it.

AFTER: Choose whole-grain toaster waffles, and instead of syrup, top them with yogurt and sliced fruit such as peaches or strawberries. Now, you earn:

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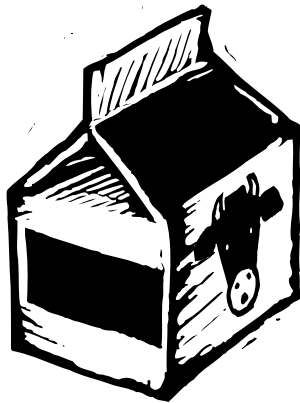
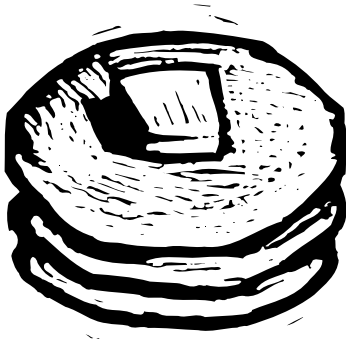
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Build Your Kids' Breakfast the "5 Star" Way

- Four stars for four different food groups (Grains, Milk, Meat/Eggs and Fruits/Vegetables).
- One star for a whole-grain food (the waffles).
- One star if your children ate it.
- *Add a bonus star if you buy reduced-fat or turkey sausage!*

Beat-the-Clock Breakfasts

When you're in a hurry, wake up your child's appetite with these grab-and-go "5 Star" breakfasts that take only one minute to make:

Fruit and Nut Oatmeal. Add dried cranberries and almonds to instant oatmeal, and microwave for 60 seconds.

Shake It Up, Baby! Combine lowfat milk, frozen strawberries and a banana in a blender and blend for 30 seconds. Serve it with a whole-wheat bagel.

Banana Dogs. Spread peanut butter in a whole-grain hot dog bun; plop in a banana, and sprinkle with raisins.

Breakfast Taco. Sprinkle grated Monterey Jack cheese over a corn tortilla, fold it in half and microwave for 20 seconds.

What Is a "Serving?"

Here are some guidelines to help you:

Grain Group:

- 1/2 cup cooked cereal = 1 packet instant oatmeal
- 1 cup ready-to-eat cereal = about the size of an adult fist
- 1 pancake or waffle = the diameter of a 4-inch CD
- 1/2 bagel = the size of a hockey puck

Fruit/Vegetable Group:

- 3/4 cup vegetable juice = the size of a small styrofoam cup
- 1 medium apple or orange = about the size of a baseball

Milk Group:

- 1 cup milk or yogurt = the size of a baseball

Meat/Eggs Group:

- 3 oz cooked meat = about the size of a deck of playing cards
- 1 oz cooked meat = 1 egg

Build Your Kids' Breakfast the "5 Star" Way

Breakfast—Who Benefits?

Not only is breakfast important, but what children eat for breakfast may affect their ability to learn in school. Two recent studies conducted by Tufts University found that when children between the ages of 6-8 and 9-11 ate instant oatmeal for breakfast (compared with cold cereal or no breakfast), they did better on some attention and memory tasks important for learning math and geography. Though more research is needed, scientists attribute these findings to oatmeal's whole grain, high fiber and protein, which may help provide a steady supply of energy to the brain.

Children who eat breakfast also are more likely to:

- meet their daily nutritional needs
- keep their weight under control
- have lower blood cholesterol levels
- attend school more frequently
- make fewer trips to the school nurse's office complaining of tummy aches

Source: American Dietetic Association

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