

## More tips

### Boost fibre - prevent constipation

- ✓ Opt for 100% whole grain bread, pita, wraps and crackers
- ✓ Choose high fibre, low sugar breakfast cereals like oat flakes, bran flakes or shredded wheat (read Nutrition Facts labels)
- ✓ When making muffins, pancakes or bakes, combine plain flour with whole grain flour. Boost the fibre even more by adding oat bran or ground linseed
- ✓ Include vegetables when making sandwiches. Add to cheese paste, scrambled egg or omelette
- ✓ Add fruit to cereal or yogurt
- ✓ Snack-size fruit cups or apple sauce are nutritious alternatives

### Hydration matters!

- ✓ Water should be encouraged as the beverage of first choice.
- ✓ Other good choices include: Skimmed or soy milk beverages (limit added sugar)
- ✓ 100% juice - one small glass only
- ✓ Coconut water

## The Caribbean Food Groups

FOOD GROUP	EXAMPLE FOODS
<b>STAPLES</b>	Oats, rice, pasta, corn, cou-cou, bread, biscuit, English potato, sweet potato, yam, breadfruit, cassava, plantain, green banana
<b>LEGUMES &amp; NUTS</b>	Dried peas & beans, nuts, nut butter, soy milk, soy granules & chunks, tofu, bean dips like hummus
<b>FOODS FROM ANIMALS</b>	Meat, chicken, turkey, fish (including canned fish), eggs, milk, yogurt, cheese
<b>FRUITS</b>	Banana, pawpaw, mango, orange, guavas, cherries, soursop, golden apple, grapefruit, pineapple - fruit can be fresh, frozen or canned
<b>VEGETABLES</b>	Spinach, broccoli, cabbage, pumpkin, string beans, carrots, squash, lettuce, cucumber, tomato - vegetables can be fresh, frozen or canned
<b>FATS &amp; OILS</b>	Bacon, butter, margarine, vegetable oil, gravy, mayonnaise, avocado pear, coconut, linseed & other seeds  <b>Sweets are also included in this group</b>

National Nutrition Centre  
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MOTHER & CHILD  
NUTRITION SERIES

# Breakfast

## Healthy Foods for Children & Young People



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## A healthy start!

The best way for children and young people to start the day is by eating a nutritious and healthy breakfast. This will supply the energy and nutrients needed for the morning's activities.

A well-balanced breakfast includes a variety of foods from the **Caribbean Food Groups** (see chart overleaf).

- ✓ Staples
- ✓ Foods from Animals or Legumes
- ✓ Skimmed milk, soy milk, low fat cheese or low fat yogurt
- ✓ Fruit
- ✓ Vegetables (optional)

Remember to choose foods high in fibre and low in fat, salt and sugar.

In order to save time and increase acceptance when trying new foods, involve children in the selection and preparation of the meal. Some items can be prepared the evening before.

## Breakfast ideas

### Monday: Breakfast Smoothie

- 1 ripe banana (or other fruit)
- 1½ cups skimmed or soy milk
- ½ cup oat bran
- Nutmeg and sugar to taste

Place all ingredients into blender.

Blend until smooth.

Serves 2



### Tuesday: Veggie Omelette

- ½ cup chopped tomato, onion and sweet pepper
- 2 eggs, beaten with salt and pepper to taste
- ¼ cup grated low fat cheese

Steam or stir-fry vegetables. Set aside. Coat frying pan with no-stick spray and add beaten eggs. When eggs start to set, add grated cheese and vegetables. Serve with whole grain bread or toast.

Serves 2



### Wednesday: Granola Yogurt Parfait

- ½ cup granola cereal
- ½ cup diced mango (or any fruit)
- 1 carton low fat vanilla yogurt

Arrange ingredients in alternate layers in a glass.

Serves 1



### Thursday: Fibre Boost Muffins

Take your favourite muffin recipe and replace half the flour with whole grain flour. Add raisins or chopped dates. Serve with skimmed milk beverage.



### Friday: Tuna Salsa Wrap

- 1 whole grain wrap
- 1-2 lettuce leaves
- ½ cup chopped tomato, onion and sweet pepper
- ¼ cup canned tuna (drained)
- 1-2 Tbsp salsa
- 2 Tbsp grated low fat cheese

Line the wrap with the lettuce and top with all other ingredients. Roll.

Serves 1

