

Food Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



UNIVERSITY OF MINNESOTA | EXTENSION



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Whole Grains meet Breakfast

Grains come in two varieties: whole grains and refined grains. Whole grains contain the entire grain kernel — the bran, germ and endosperm while refined grains contain only the starchy part of the kernel, the endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some cancers, heart disease and diabetes.



Switch things up

To make half the grains you eat each day whole grains, substitute a whole-grain food at breakfast for a refined-grain food. For example, toast 100% whole wheat bread, English muffin or bagel instead of white bread, English muffin or bagel. Use a whole wheat tortilla for a breakfast wrap. Substitute half of the refined white flour in pancakes and waffles with whole grain flour.

Breakfast Cereals

Cereals are one of our best and easiest breakfast foods. Eating cereal can add fiber, iron, folic acid and calcium to your diet. It can also be a breakfast food low in fat and sugar, if you make the right choice. Read the label and choose the best!

- Choose whole grain cereals - look for “whole wheat,” “whole corn,” “whole oats” or “whole rye” as the first ingredient on the nutrition facts label.
- Choose cereals low in sugar - cereals with less than 6 grams of sugar in a serving are the best.
- Serve cereal with low fat (1%) or nonfat (skim) milk.
- Top cereal with fruit - sliced bananas, peaches, pears, strawberries, blueberries, raspberries, raisins or other dried fruit.

Sodium 8mg
Total Carbohydrate 5g
Dietary Fiber 0g
Sugars 4g
Protein 0g

Breakfast in a Flash

- Peanut butter on whole wheat toast and low fat milk
- Toasted whole grain waffle topped with fruit (such as blueberries) and low fat yogurt
- Whole grain bagel with low fat cream cheese and low fat milk or 100% juice
- Oatmeal with chopped apples and walnuts and low fat milk
- Whole grain ready-to-eat cereal with dried fruit and nuts or fresh fruit and 100% juice
- Warm whole grain English muffin topped with pizza sauce and cheese and low fat milk
- Sliced apple with cheese and/or peanut butter and low fat milk
- Hard cooked egg, fruit and low fat milk
- Graham crackers dipped into low fat yogurt and 100% juice





Top your Toast

Whole wheat toast is hearty and healthy and it can be turned into a filling breakfast and snack with some fun toppings.



Step 1	Step 2	Step 3	Step 4	Step 5
Toast 100% whole wheat <ul style="list-style-type: none"> ▪ Bread ▪ Bagel ▪ English muffin 	Add spread <ul style="list-style-type: none"> ▪ Peanut butter ▪ Mashed avocado ▪ Hummus ▪ Low fat cream cheese 	Add a fruit or veggie <ul style="list-style-type: none"> ▪ Sliced apple ▪ Strawberries ▪ Banana ▪ Raspberries ▪ Sliced tomato ▪ Sliced cucumber 	Make it your own! <ul style="list-style-type: none"> ▪ Cinnamon ▪ Chopped nuts ▪ Hot sauce ▪ Herbs ▪ Cooked egg ▪ Seeds 	Dive in Yum!

Source: Iowa State University Extension and Outreach

MAKE YOUR OWN FLAVORED OATMEAL

Save money by making your own flavored oatmeal. Cook plain oatmeal and add your own flavors:

- A touch of honey and dried banana slices
- Granola and dried fruit
- Banana slices and a touch of brown sugar
- Sliced strawberries, blueberries or raspberries
- Canned fruit packed in natural juice - crushed pineapple, mandarin oranges, peach or pear slices
- Raisins and a touch of cinnamon
- Chopped apples, nuts and cinnamon
- Brown sugar, cinnamon, butter and chopped nuts such as pecans, walnuts or almonds



USDA Information Statements

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the MN Food HelpLine at 1-888-711-1151.

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