

Healthy Students Healthy Schools

Living Healthy

Breakfast Programs

A great breakfast includes a:

Whole-grain grain product

- Cereal (Cheerios, Shreddies, Life, Oat Squares, Corn Bran Squares)
- Whole Wheat Toast
- High fibre, low fat muffins

Fruit

- Fresh fruit
- Packaged fruit (in juice)
- Unsweetened fruit juice. Orange and Apple juice are usually unsweetened.

Milk product:

- White Milk
- Yogurt
- Yogurt tubes
- Cheese (Partially skimmed milk cheese is preferred.)

Breakfast programs are a great way to start using the new provincial School Food Guidelines.

Here are some ideas to help your Breakfast program meet the School Food Guidelines:

TOAST

A great way to introduce whole-grain bread is with toast. Some schools have already moved to only whole-wheat bread every day. They say there is a bit of grumbling and maybe fewer students participating for the first week or so. After a short time, it's back to normal and everyone is eating whole wheat toast.

Some schools may want to try different strategies to move to more whole-wheat toast:

- Start September 2006 with all whole-wheat toast every day.
- Or introduce having only whole wheat toast 3 days a week.
- Or first move to the 60% whole wheat bread and work up to 100% whole wheat.

It's up to your school to decide how best to make it work.

There is a white bread on the market with added fibre. It does provide good fibre but it will not provide the opportunity for students to learn to

like the taste of whole wheat bread. This type of bread costs more too.

Toppings for toast

- Peanut butter, *if no allergies*.
- Jam: Look for brands with more fruit and less sugar added.
- Cheese: Slicing partially skimmed milk cheese would be the best option. Cheese spreads are highly processed and have more sodium than hard cheese.
- Butter or Margarine: Lightly spread butter. Or skip it if using other spreads on the toast.

CEREAL (see attached list)

The school food guidelines encourage cereals with more fibre (at least 2 grams of fibre per serving). As well, we need to use cereals with less sugar. Any cereal with 6 grams of sugar or more per serving should not be served. See the list of cereals to serve from Serve Most and Serve Moderately columns.

We should always serve white milk with cereals and at breakfast.

Breakfast program volunteers should not add sugar to cereals. Add a small amount of sugar, only if a child will not eat the cereal without some sugar.



MUFFINS

High-fibre muffins would be oatmeal, bran, or whole wheat. To lower fat in the recipe, add fruit like applesauce, apples, bananas, peaches, pineapple, berries, raisins, etc.

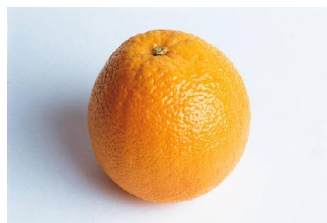
GRANOLA BARS

Granola bars tend to have more sugar. Use them less often or look for brands that have lower amounts of sugar. As with all grain products, look for granola bars that are made with whole grains like oats or whole wheat flour.

FRUIT

Most Newfoundlanders do not eat the daily minimum requirement of five servings of fruit and vegetables. Children and youth could need 5 to 10 servings a day based on their activity levels and growth. One way to increase the amount of fruit eaten is to offer fruit at the breakfast program.

- Fresh fruit (Schools often report students prefer fruit already sliced.)



- Packaged fruit - packed in juice (versus in light syrup).
- Unsweetened 100% juice.

MILK PRODUCTS

At breakfast programs, we should only offer white milk. Chocolate and other flavoured milks contain more sugar. Chocolate milk also contains caffeine.

- A glass of white milk or milk served with cereal is an excellent choice.
- Yogurt and yogurt tubes are also good milk products that students enjoy.
- Cheese is also a milk product. It is higher in fat than milk and yogurt. It would be best to use skim milk cheese. It can be served on toast or on the side.

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The Importance of Breakfast

Most schools in the Western School District offer a breakfast program. It is fantastic that many of you already recognize the many benefits. For those schools without a program, please consider what we know about breakfast programs at schools.

We know nutritious foods help children and youth grow and develop healthy. Breakfast is an important to start the day as it is "breaking the fast" from the night sleeping.

A nutritious breakfast can bring:

- A better ability to concentrate and learn

- Fewer classroom disruptions
- Improved health—less time missed from school due to stomach aches and headaches.

Why breakfast programs at school?

- Many students are bused to school which could mean they leave home early, have long bus rides, and avoid breakfast due to motion sickness.
- Economic factors might mean not there is not enough food at home
- Time constraints of getting ready at home means breakfast is missed.



Western Health

CEREALS

Living Healthy

Serve Most

≥ 2 g fibre, ≤ 6 g sugar

- All Bran
- Bran Flakes
- Cheerios—Regular ✓
- Cheerios—Multigrain ✓
- Corn Bran Squares ✓
- Fibre 1—Regular
- Fibre 1—Honey Clusters
- Grape Nuts
- Honey Bunch of Oats—Honey Roasted ✓
- Honey Bunch of Oats—with Almonds ✓
- Life ✓
- Life Oat Bran ✓
- Muffetts
- Oat Squares ✓
- Puffed Wheat
- Shreddies ✓
- Shredded Wheat
- Shredded Wheat Spoon Size ✓
- Shredded Wheat & Bran Spoon Size ✓
- Wheatabix
- Wheatbix Crunch Wheat Flakes

✓ Student Friendly

We need to serve the majority of cereals from *Serve Most* as these cereals have fibre. Cereals can also have a great deal of sugar added. Any cereal with more than 6 gram of sugar per serving are listed in *Foods Not Included*. Some of the cereals in *Foods Not Included* may be considered healthy for home as they have good fibre and dried fruit but they are above the 6 gram of sugar criteria for our School Breakfast Program.

Serve Moderately

< 2 g fibre, ≤ 6 g sugar

- Corn Flakes
- Crispix
- Puffed Rice
- Rice Krispies
- Special K

Hot Cereals

Serve Most

- Instant Oatmeal—Regular
- Instant Oatmeal—Brown Sugar Cinnamon—33% less sugar
- Oat Bran

Serve Moderately

- Cream of Wheat

Foods Not Included

- Instant Oatmeal (Any flavour except listed above in *Serve Most*.)

Foods Not Included

> 6 g sugar

- Acapella ♦ (Any Flavour)
- All Bran Strawberry Bites
- Almond Crunch (Any Flavour)
- Alpen ♦
- Cheerios—Apple Cinnamon, Berry Burst ♦, Honey Nut
- Cinnamon Toast Crunch
- Corn Pops
- Count Chocula
- Extra ♦ (Any flavour)
- French Toast Crunch
- Frosted Flakes
- Frosted Flakes 1/3 less sugar
- Fruit Loops
- Fruit Loops 1/3 less sugar
- Harvest Crunch (Any Flavour)
- Honey Bunch of Oats—Peaches, or Strawberries ♦
- Honeycomb
- Just Right
- Life Cinnamon Swirl
- Lucky Charms
- Maple & Brown Sugar Squares
- Mini Wheats (Any Flavour)
- Muslix ♦ (Any Flavour)
- Nesquik
- Oatmeal Crisp ♦ (Any Flavour)
- Pecan Crisp (Any Flavour)
- Raisin Bran ♦
- Reese Puffs
- Rice Kripies Squares - Chocolatey Marshmallow
- Special K—Honey Almond, Red Berries ♦, or Soy
- Sugar Crisp
- Tony's Tuboz
- Vector

♦ Some sugar is natural sugar from dried fruit (raisins, berries)

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