

Start Smart Eating & Reading Breakfast Bites

TIPS AND IDEAS FOR BUSY FAMILIES

Note to Parents

Your child is learning that both calcium-rich dairy foods and active play are necessary to build strong bones. Breakfast is the perfect time to include milk on cereal, yogurt with fruit, or cheese melted on toast.

Start Smart Eating & Reading is a program that teaches your child the value of breakfast. Please take time to ask your child about breakfast. This newsletter has activities, games, and recipes that you and your child can share.

An Hour-A-Day for Active Play

Kids who move their bodies each day are more physically fit, have stronger bones and muscles, are more energetic, and even do better in school.

Being fit doesn't have to mean organized sports or exercise. For children it can be at least 1 hour of any kind of active play each day. Because kids learn best by example, consider being active together. Here are some fun examples:

- Walk to the store.
- Play basketball.
- Teach your child to jump rope.
- Put on some music and dance.
- Hike and explore.
- Ride bikes together.

Calcium, the Bone Builder

Remind your child that strong bones are needed to support a strong body. Calcium is needed daily. Children (ages 2 to 8) need the amount in 2 cups of milk, while older children and teens (ages 9 to 18) need the calcium equivalent of 3 cups of milk. Adults also need the calcium equivalent of 3 cups of milk daily to maintain strong bones.

After age 2, nonfat or lowfat (1%) milk helps provide nutrients without the extra calories found in 2% or whole milk. Regardless of type, all fluid milk contains important nutrients such as calcium, protein, potassium, riboflavin, and vitamin A. Fluid milk also contains added vitamin D, which is an important partner with calcium for ensuring proper bone health.

Practical Pointers for Boosting Calcium

• Use yogurt

Fruit flavored yogurt makes a great breakfast or snack choice for kids. You can also use plain yogurt as a substitute for mayonnaise and sour cream in salad dressings, vegetable dips, tartar sauce, and fruit salads. Add fresh fruit and yogurt as a topping for waffles or pancakes.

• Milk in many ways

The same child who rejects a glass of milk with a meal may enjoy his or her favorite cereal with milk. Other foods made with milk include puddings, macaroni and cheese, some soups, hot chocolate, flavored milk, smoothies, and low fat cheese like string cheese. Children who are lactose-intolerant normally can enjoy lactose-reduced milk, yogurt with active cultures, or aged cheese such as sharp cheddar.

• Nondairy calcium sources

If children can't eat enough dairy products, try other sources of calcium such as calcium-fortified fruit juices, calcium-fortified breakfast cereals, broccoli, and canned salmon.

Calcium Equivalents

These foods from the Milk Group provide similar amounts of calcium:

- 1 cup lowfat or fat-free milk
- 1 cup lowfat or fat-free yogurt
- 2 cups cottage cheese
- 1½ ounces natural cheese
- 2 ounces processed cheese

Milk and Movement for Mighty Bones!



Kids will enjoy this healthy frozen treat for breakfast, snacktime, or even dessert.

Banana-Yogurt Freezer Pops

- 1 banana
- ½ cup yogurt (any flavor)
- ½ cup dry cereal or granola
- Wooden craft sticks (5–6 per banana)



- Cover a plate or small tray with foil.
- Crush the cereal and place on a plate.
- Peel and cut the banana into 1- to 2-inch chunks.
- Insert a wooden craft stick into each chunk.
- Holding the banana by the stick, use a spoon to paint a thick coat of yogurt all over the banana.
- Roll the banana in the cereal crumbs.
- Place on the foil tray. When all the pieces are coated, place the tray in the freezer.
- The banana pops will freeze in approximately 20 minutes.



Sing together—

Breakfast Song

To the tune of Row, Row, Row Your Boat

Break, break, break your fast
With breakfast every day
To help you grow and think and play
Choose healthy foods each day

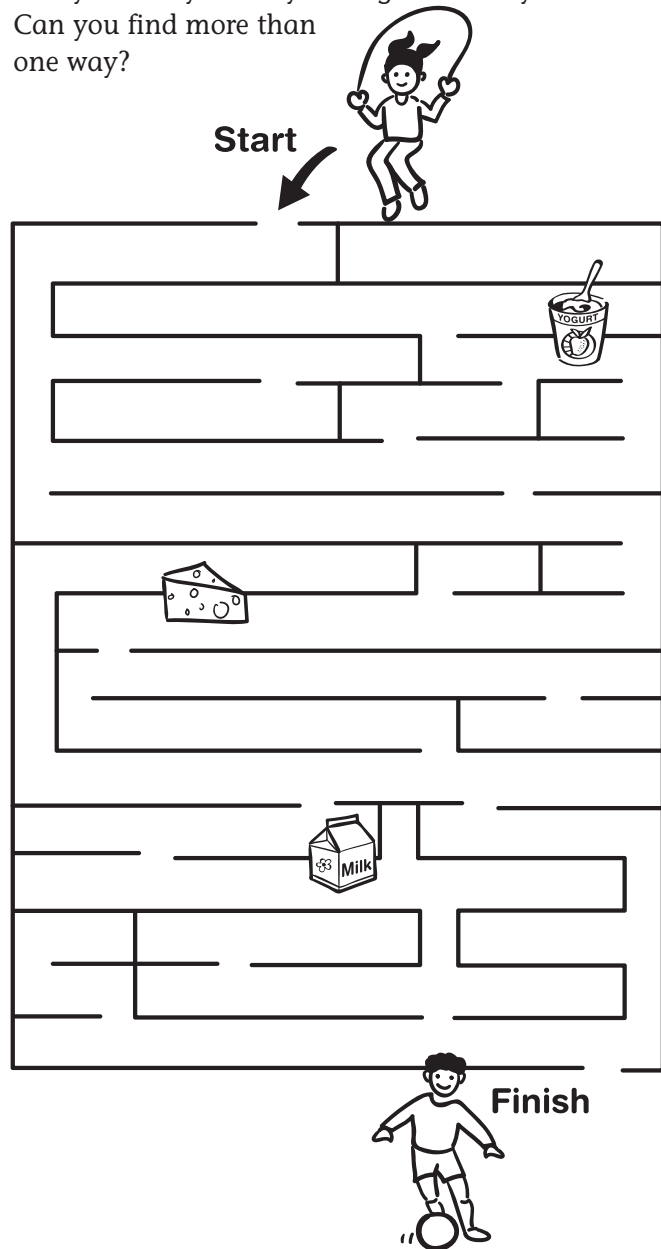
Eat, eat, eat some fruit
And veggies every day
Breakfast is the place to start
To get your 5-A-Day

Grains, grains, grains are great
For energy to play
Eat some grains to start your day
To get you on your way

Drink, drink, drink your milk
Have dairy foods today
Three servings each for bones and teeth
Oh what a tasty day!

Dairy maze

Can you find your way through the Dairy Maze?
Can you find more than one way?



Reading about eating... check it out!

Oliver's Milkshake, by Vivian French (© 2001, Orchard Books)

In this story, Oliver visits a dairy farm with his aunt and cousin. They make a delicious milkshake from fresh milk, blueberries, a banana, and ice.

The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area.