

More ideas for foods & beverages to use at breakfast

Boost fibre

- ◆ 100% whole wheat bread is best - for variety try whole wheat pita bread, wraps and crackers
- ◆ Choose high fibre, low sugar breakfast cereals like oat flakes, bran flakes or shredded wheat (read Nutrition Facts for information)
- ◆ When making muffins, pancakes or bakes, combine plain flour with whole wheat flour. Boost the fibre even more by adding oat bran or ground linseed

Vegetables & fruits

Include brightly coloured vegetables and fruits every day.

- ◆ Vegetables can be included in sandwiches or added to cheese paste, scrambled egg or omelette
- ◆ Fruit can be added to cereal or yogurt
- ◆ Snack-size canned fruits or apple sauce are nutritious alternatives

Beverages

- ◆ Water
- ◆ Fat free milk
- ◆ 100% fruit juice
- ◆ Coconut water
- ◆ Smoothies made with fat free milk or low fat yogurt
- ◆ Calcium-enriched soy milk
- ◆ Yogurt drinks

The Caribbean Food Groups

FOOD GROUP	EXAMPLE OF FOODS
STAPLES	Oat flakes, rice, pasta, cou-cou, corn, bread, biscuit, English potato, yam, sweet potato, breadfruit, cassava, plantain, green banana
LEGUMES	Dried peas & beans, nuts, peanut butter, soy products (granules & chunks, veggie burgers, tofu, soy milk) bean dips like hummus
FOODS FROM ANIMALS	Meat, chicken, turkey, fish (including canned fish), eggs, milk, yogurt, cheese
FRUITS	Banana, pawpaw, mango, orange, cherries, soursop, guavas, golden apple, grapefruit, pineapple - fruit can be fresh, canned or dried 100% fruit juice
VEGETABLES	Spinach, broccoli, cabbage, pumpkin, string beans, carrots, squash, lettuce, cucumber, tomato - vegetables can be fresh, frozen or canned 100% vegetable juice
FATS & OILS	Vegetable oils, margarine, butter, mayonnaise, avocado pear Sweets are also included in this food group

National Nutrition Centre 2019

Childhood Nutrition Series



Healthy Foods for Children & Young People **BREAKFAST**

National Nutrition Centre

Ministry of Health

Tel: (246) 536 3800

Email: nutritioncentre@barbados.gov.bb

<http://nutritioncentre.health.gov.bb>

Healthy Breakfast

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

When preparing breakfast it is important to select a variety of foods from the **Caribbean Food Groups** (see chart overleaf).

A nutritious breakfast should contain:

- ◆ Staples
- ◆ Foods from Animals or Legumes
- ◆ Fat free milk, low fat cheese, or low fat yogurt
- ◆ Fruit
- ◆ Vegetables (optional)

Remember to include foods high in fibre and low in fat.

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 fat free milk
- ◆ ½ cup oat bran
- ◆ Nutmeg and sugar to taste

Blend until smooth. Serves 2



Tuesday:

Spanish omelette

- ◆ 2 eggs
- ◆ ½ cup chopped tomato, onion and sweet pepper
- ◆ ¼ cup grated low fat cheese
- ◆ Salt and pepper to taste

Steam or stir-fry vegetables and set aside. Beat eggs. Pour into frying pan coated with no-stick spray. Add grated cheese and vegetables. Eat with whole wheat toast

Serves 2



Wednesday:

Granola Yogurt Parfait

- ◆ Low fat granola cereal
- ◆ Low fat vanilla yogurt
- ◆ Chopped mango (or other fruit)

In a tall glass, arrange all ingredients in alternate layers



Thursday:

Fibre Boost Muffins

- ◆ Take your favourite muffin recipe and replace half the flour with whole wheat flour
- ◆ Add raisins or dried cranberries

Serve with fat free milk beverage



Friday:

Tuna Salsa Wrap

- ◆ 1 whole wheat tortilla wrap
- ◆ 1-2 lettuce leaves
- ◆ ¼ cup tuna (drained)
- ◆ ½ cup chopped sweet pepper, onion, tomato and avocado (when available)
- ◆ 1-2 Tbsp salsa
- ◆ 2 Tbsp grated low fat cheese

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

