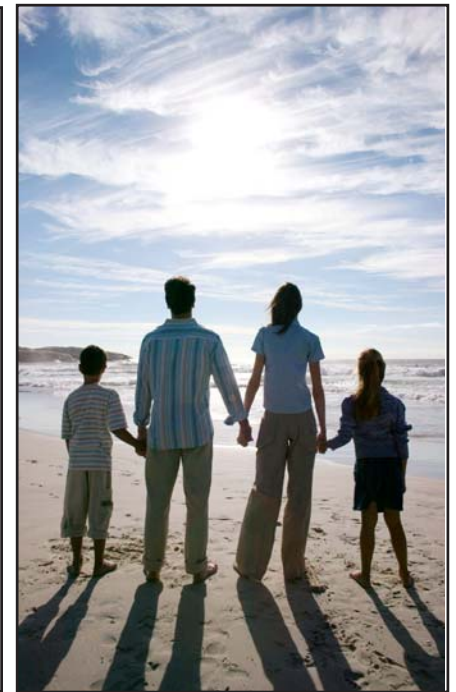


## Welcome!

Thank you for taking time to read our first edition of "Healthy Bites," a newsletter designed with busy families in mind! In each edition of "Healthy Bites," you can expect information on how you and your family can make fun and tasty changes in your daily routine with the end goal of being more mindful of the long-term health of your family.

With childhood obesity levels growing at epidemic rates, now is the time to make a positive difference! On behalf of Chef Dave and all of us with the Obesity Prevention Foundation, we thank you for reading this newsletter and committing to making healthful changes within your home!

Healthfully Yours,  
Kent Sasse, MD, MPH, FACS, FACRS



"Never work before  
breakfast; if you  
have to work before  
breakfast, eat your  
breakfast first."

-Josh Billings

## From Our Chef...

Good nutrition is important to the growth and development of not only our children's growing bodies but their minds as well. Studies have repeatedly shown that proper nutrition before, during and after school is necessary to keeping our children growing and working to their highest potential. This month's edition of "Healthy Bites" will provide you with ideas to get the best out of your morning with healthy breakfast tips and tricks as well as a few of my personal favorite morning meals to help your kids grow physically and mentally strong.

Studies have shown that eating breakfast daily as a child will help fight and prevent the onset of obesity into young adulthood. By making sure your children have breakfast today, you are helping to ensure a healthier and slimmer adulthood.

Cook Smart...  
Chef Dave Fouts

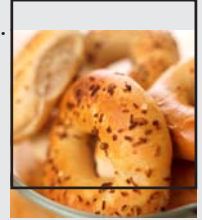
CHEF DAVE

# Think Outside of the Box!

## Uncommon Breakfast Ideas...

Many people think that breakfast must include eggs, sausage, bacon, cereal, pancakes, and/or French toast. No where does it say that breakfast has to contain any of these foods! To keep your kids interested, think outside of the box:

- Halve a whole wheat bagel, spread with peanut butter and top with raisins. Serve with non-fat milk.
- Warm up left-over pizza and serve with 1/2 cup of berries.
- Pair up a container of light, non-fruit yogurt with whole wheat Triscuits and carrot sticks.
- Microwave a frozen pancake, spread with peanut butter, top with sliced bananas and roll it up.
- Make a tossed green salad with light salad dressing and cubed or sliced ham, turkey, roast beef, corned beef, or chicken breast.
- Serve hot pasta with chopped hard boiled eggs and turkey sausage tossed with margarine and sprinkled with shredded low-fat sharp cheddar cheese.
- Try Morning Star Farms (vegetarian) brand name products found in the frozen food section of your grocery market. They are low in fat and high in protein.
- Layer one or two slices of turkey breast with one slice of cheese on a whole wheat tortilla, and serve with a piece of fruit.
- Make a breakfast parfait with layers of light fruit flavored yogurt, sliced fresh fruit, and crunchy no-sugar added cereal.
- Swirl unsweetened applesauce and dried cranberries into a packet of hot oatmeal. Serve with a cup of non-fat milk.
- Pair cottage cheese with fresh fruit and a teaspoon of nuts.
- Spread cottage cheese with apple butter on whole grain toast.
- Mix vanilla yogurt with fresh berries, mandarin oranges or pineapple.
- Spread whole wheat toast with peanut butter and top with thin apple slices.
- Slice a banana length wise and spread with peanut butter; top with raisins.
- Toast a whole wheat English muffin and top with a pat of butter, a cooked egg, and a tomato slice.
- Top whole grain toast with scrambled eggs, with a side of ketchup or Tabasco sauce.



- Toast an English muffin, top with a pat of butter, crispy turkey bacon and two slices of tomato.
- Heat turkey sausages and serve with toast and one scrambled egg.
- Warm up a leftover pork chop and serve with 1/2 cup of mandarin oranges.
- Chop up left-over steak and mix it into scrambled eggs.

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# Banana Oatmeal

Serves: 1

*\*\*Serve with 1 / 2 cup non-fat milk*

## Ingredients:

1/2 banana, chopped & mashed  
1 packet plain instant oatmeal  
1 teaspoon brown sugar  
Non-fat milk\*

## Directions:

1. Combine in a small bowl 1 package of instant oatmeal, milk and brown sugar.
2. Cover with plastic wrap and microwave for 2 minutes.
3. Remove from microwave and let sit for 2 minutes.
4. Remove plastic wrap, add bananas and stir well.
5. Serve & enjoy!

**Note:** To add a little crunch, sprinkle a 1/2 teaspoon of sliced almonds on top.

*\*Use milk instead of water and follow the back of the packaged oatmeal for the amount of liquid needed. Most packages require 1 / 2 cup.*



# Whole Wheat Breakfast Pizza

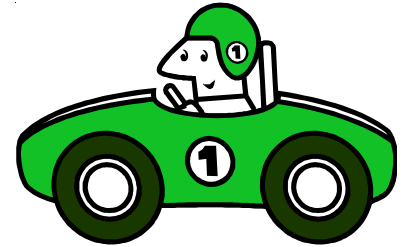
Serves: 1

## Ingredients:

1 whole wheat English muffin, cut in half  
2 teaspoons tomato sauce  
1 teaspoon carrots, shredded  
1 teaspoon black olives, sliced  
8 slices turkey pepperoni  
1/4 cup part skim mozzarella cheese shredded

*\*\*Serve with 1 cup of diluted apple juice. To dilute, mix juice with an equal amount of water.*

# Is Your Car Running On Empty?



Think of food as fuel. The better the grade of food, the better your children will run. No breakfast, they are sitting with an empty tank to start a full day. Too much fat and your children will be sluggish. Too many carbohydrates, they run at full speed but run out of fuel before the finish line.

A perfect, well balanced meal is needed to keep your children's engines running smooth, as if they are on cruise control. Running on cruise control means the food is being used efficiently and keeping your child on the road to finish the race.

So what is a well balanced breakfast? A well balanced meal includes protein, carbohydrates, and fat. Be sure that the carbohydrates come from whole grains instead of refined white flour, high sugar foods.

# Did You Know???

5 Hershey Kisses take 44 minutes of brisk walking to work off the calories!



## Directions:

1. Preheat the oven to 350 degrees.
2. Place English muffin sliced side up on a baking sheet.
3. Spread 1 teaspoon of sauce on each muffin half and sprinkle cheese evenly over sauce.
4. Top each muffin half with 1/2 teaspoon carrot, 1/2 teaspoon black olives, and 4 pepperoni slices.
5. Place pizza in oven and bake for 10 minutes or until cheese has melted and is bubbling.
6. Serve and enjoy!



# Breakfast Shopping List

So now that you know why it is important to have a healthy breakfast every day and you know that it doesn't just have to include eggs, what should you have on your breakfast shopping list? Use the information below to help you make your selections:

## Breads:

Whole wheat bread, bagels, pitas and English muffins

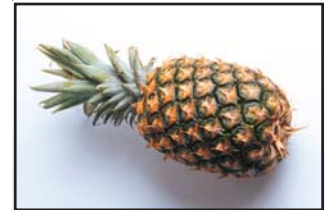
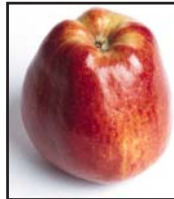


## Cereals:

Ready-to-eat hot or cold cereals are good choices. Cereal is convenient and easy. Also, studies have shown that eating high fiber cereal may help with weight control. Choose cereals made from whole grains that are low in added sugar. A tip is to purchase cereals from the higher shelves at the supermarket. The cereals on the lower shelves are higher in sugar and are placed there to appeal to children. If you have high sugar cereals on hand, mix them with a low sugar cereal.

## Fruits:

Apples  
Citrus - oranges, grapefruits  
Bananas  
Grapes  
Melons - watermelon, cantaloupe, honeydew  
Berries - strawberries, blueberries, blackberries, raspberries (when not in season, buy frozen)  
Pineapple  
Peaches  
Nectarines  
Plums  
Unsweetened applesauce



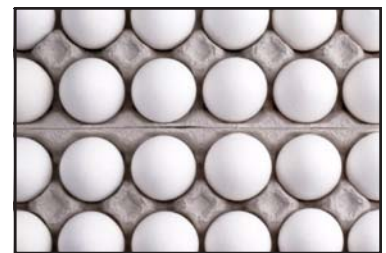
## Veggies:

Baby carrots  
Celery sticks  
Cucumber slices  
Black and green olives  
Pickle spears



## Dairy:

Eggs  
Low-fat cheese - cheddar, monterey jack, colby, swiss  
Light yogurt or plain non-fat yogurt  
Non-fat or low-fat milk



## Meats:

Low sodium sliced deli ham, turkey and roast beef  
Canadian bacon  
Turkey bacon  
Turkey sausage  
Morning Star Farms sausage patties or links



  
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