

A Better Breakfast Can Boost Brainpower

YOUR MOM WAS RIGHT—breakfast is the most important meal of the day! Teaching children to eat a complete breakfast every morning can start a healthy habit for life. People who eat a healthy breakfast:

- learn better
- have better concentration
- have increased problem-solving skills
- have better hand-eye coordination
- have improved strength and endurance in the late morning
- accomplish more
- have a better attitude
- have more iron in their diets
- are less likely to be overweight

That's a compelling list of reasons to start the day off right by eating a healthy breakfast! Studies show that children who skip breakfast have trouble concentrating and

become inattentive and restless. These problems are linked to low blood sugar and can certainly affect learning.

After sleeping all night, glucose, our body's energy source, is low. Our



brain uses glucose as its primary energy source and has no reserves. Breakfast helps to replenish blood glucose levels to normal so that we can feel and perform better all morning long.

Any breakfast is better than none, but a complete breakfast consists of complex

carbohydrates, protein and a small amount of fat. This healthy meal doesn't just *break-your-fast* but gives a prolonged, sustained source of energy so that hunger is suppressed longer and concentration is maximized.

(Continued on page 2)

did you know...

- ▶ A recent survey found that 42% of children are sent to school one or more days a week on an empty stomach.
- ▶ www.cerealfacts.org gives nutrition and marketing ratings on dry cereal. Go to the site to find the 10 worst cereals marketed to children.
- ▶ Breast milk has 6 Bio active proteins and hormones involved in appetite, energy balance and growth modulation. These are not found in infant formula.
- ▶ 7 of 10 kids in child safety seats are not properly buckled in.
- ▶ You can have your child passenger safety seat checked at a National Highway Traffic Safety Administration site. Go to www.seatcheck.org to find your local inspection site.

Sources: *Sciencedaily.com*, *UCLA School of Public Health*, *American Academy of Pediatrics National Highway Traffic Safety Administration*

Quotable Quotes

“I'm not sure what makes pepperoni so good—if it's the pepper or the oni.”

— Ulrik Stephens

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Choosing Cereals

Heavily sweetened cereals have a high glycemic index, which is a measure of how quickly the carbohydrates in foods are absorbed and converted to fuel. Sugary cereals cause a peak in blood sugar which falls dramatically in 2 hours or less. This dip in blood sugar can affect concentration, memory and even mood. When it comes to sustained brain power, choose hot or cold whole grain cereals like oat, bran or whole wheat. Check that cereals are low in sugar and high in fiber, for a lower glycemic index. This will improve the odds that a child's blood sugar will hold steady until lunch. Purchase cereals that are:

- Enriched with iron (45% of daily value)
- Low in sugar (8 grams or less in a 1 ounce serving)
- Whole grain (listed as the 1st ingredient)
- A good source of fiber (3 grams or more per serving)



Nutritious and Delicious Breakfast Ideas

- Raisin Bran cereal with berries and milk
- Scrambled eggs, toast, hash brown potatoes and milk
- Pita toasts with hummus and milk
- Cottage cheese with chopped fresh vegetables or fruit, rye toast and milk
- Whole grain English muffin, omelet with spinach or chopped tomatoes and milk
- Quesadilla with fresh mango and milk
- Oatmeal or cream of wheat with raisins and milk
- Pancakes or waffles topped with sautéed apple slices and milk
- Last night's cheese pizza or mac and cheese with orange juice and milk
- Whole wheat toast, topped with avocado, tomato slices and milk
- Breakfast burrito with scrambled eggs, guacamole, fresh homemade salsa and milk
- Cinnamon toast, yogurt topped with fresh fruit, milk
- Whole wheat pita pocket with egg salad, fresh fruit and milk
- Toasted bagel with cream cheese, tomato and cucumber slices and milk
- Bran muffin with a fruit and milk smoothie
- Raisin toast with peanut butter, banana and milk
- Banana or zucchini bread with fruit salad and milk
- Fresh fruit, granola and yogurt parfait with milk
- French toast with peanut butter and jelly, fresh orange slices and milk
- Muesli – uncooked rolled oats soaked in milk or yogurt topped with dried fruits and nuts
- Canadian bacon, lettuce and tomato sandwich with milk
- Biscuits or croissants with fresh strawberries and milk
- Green Eggs and Ham (see recipe page 4), toast and milk

— Catherine Stafford
Child Health and Nutrition Specialist

KIDS' HEALTH & SAFETY

2011 Car Safety Seat Recommendations

THE AMERICAN ACADEMY OF PEDIATRICS, AAP, has updated their recommendations on car safety seats. “Children should ride rear-facing to age 2 and use a booster until at least age 8.” Additionally, for optimal protection, children younger than 13 years should not ride in the front seat of a vehicle.



Keeping children safe while riding in a vehicle is an important responsibility. While the death rate from car crashes in children under age 16 has decreased 45% in recent years, it is still the leading cause of death for children ages 4 and older.

The following guidelines will help adults buckle up children safely:

Age Group	Type of Seat	General Guidelines
Infants/Toddlers	Infant seats and rear-facing convertible seats	All infants and toddlers should ride in a Rear-Facing Car Safety Seat until they are 2 years of age or until they reach the highest weight or height allowed by their car safety seat’s manufacturer.
Toddlers/Preschoolers	Convertible seats and forward-facing seats with harnesses	All children 2 years or older, or those younger than 2 years who have outgrown the rear-facing weight or height limit for their car safety seat, should use a Forward-Facing Car Safety Seat with a harness for as long as possible, up to the highest weight or height allowed by their car safety seat’s manufacturer.
School-aged children	Booster seats	All children whose weight or height is above the forward-facing limit for their car safety seat should use a Belt-Positioning Booster Seat until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.
Older children	Seat belts	When children are old enough and large enough to use the vehicle seat belt alone, they should always use Lap and Shoulder Seat Belts for optimal protection. All children younger than 13 years should be restrained in the Rear Seats of vehicles for optimal protection.

— Adapted from www.healthychildren.org, www.aap.org

Spiced Oatmeal Mix

Quick cooking oats	8 cups	Cinnamon	1½ tsp
Chopped mixed dried fruit ..	1½ cups	Salt	1 tsp
Sugar	¼ cup	Nutmeg	½ tsp
Brown sugar	½ cup		

1. In a large bowl, combine all the ingredients. Store in an airtight container up to one month.
2. To prepare a serving of oatmeal, combine ½ cup oatmeal mix with 1 cup water in a deep microwave safe bowl. Microwave uncovered for 1 to 2 minutes, stirring every 30 seconds. Let stand 1–2 minutes before serving.

Yield: 18 servings

Meets requirement for grains/breads

— www.tasteofhome.com

Green Eggs and Ham Casserole

Broccoli, cooked and drained	3 cups	<u>CHEESE SAUCE</u>	
Eggs, hard-boiled, halved	6	Butter	2 Tbsp
Mayonnaise	¼ cup	Flour	2 Tbsp
Dijon mustard	2 Tbsp	Milk	1¼ cups
Ham, cooked, diced	¼ cup	Salt and paprika	dash
Green onions, sliced	1 Tbsp	Cheddar cheese, shredded	1 cup
		Parmesan cheese, grated	2 Tbsp

1. In a greased small baking dish, layer broccoli and eggs. Combine mayonnaise, mustard, ham and onions; spread over eggs.
2. Melt butter in a saucepan, add flour, stir and cook until bubbly. Gradually add milk, salt and paprika. Boil two minutes while stirring. Remove from heat, stir in cheddar cheese until melted.
3. Pour cheese sauce over casserole and sprinkle with parmesan cheese. Bake uncovered at 400°F for 10–12 minutes.

Yield: 6 servings

Meets requirement for fruit/vegetable and protein/meat alternate

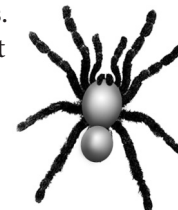
— www.tasteofhome.com

Activity Corner

SCARE UP SOME HEALTHY HALLOWEEN TREATS

Tarantula Snack

Cut apples crosswise into thin slices and remove seeds. Spread a layer of peanut butter and position eight pretzel sticks for the legs and two raisins for the eyes.



Edible Vampire Eyeballs

Slice hard boiled eggs in half. Remove yolks and mix with a little mayonnaise and mustard. Fill the egg white and place a green olive slice on top for the pupil.

Belly Buttons and Worms

Surprise the children with a bowl of warm tortellini “belly buttons” or spaghetti “worms”. Serve with a splash of olive oil or melted butter.

This Nutrition Edition is brought to you by:

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Food Q: What hot cereal do ghosts like for breakfast?
Funny A: Scream of wheat!