

Five-Star Breakfasts: Before and After

How can you tell if you are eating a healthy breakfast? Use the Five Star Breakfast rating system to find out.

- ★ Give yourself a star for each food from a different group of MyPyramid, but not the fats group
- ★ Give yourself a star for each whole-grain food (read the ingredients and make sure the words "whole" or "whole grain" appear first on the list and in front of the words oats, wheat, rice or corn)
- ★ Give yourself a star for each choice that is "reduced-fat" or "low-fat" (such as milk, sausage, cheese)

How many stars does each of these before and after breakfasts get?

1. Before:

Frosted cereal and whole milk

Stars

How many food groups? _____

Is there a whole grain? _____

Is it low fat? _____

Total: _____

After:

Whole grain cereal with skim milk and fresh berries

Stars

How many food groups? _____

Is there a whole grain? _____

Is it low fat? _____

Total: _____

2. Before:

Scrambled eggs and bacon

Stars

How many food groups? _____

(remember - bacon counts as a serving from the fat group)

Is there a whole grain? _____

Is it low fat? _____

Total: _____

After:

Scrambled eggs, bacon, a slice of whole-grain toast and a glass of calcium-fortified orange juice

Stars

How many food groups? _____

Is there a whole grain? _____

Is it low fat? _____

Total: _____

3. Before:

Chocolate donut and fruit drink

Stars

How many food groups? _____
(remember - the fruit drink is NOT a 100% fruit juice)
Is there a whole grain? _____
Is it low fat? _____

Total: _____

After:

Cake doughnut, low-fat chocolate milk and apple

Stars

How many food groups? _____
Is there a whole grain? _____
Is it low fat? _____

Total: _____

What could you add to make this a 5-star breakfast?

Your own breakfast

Write down what you ate for breakfast this morning.

Before:

Stars

How many food groups? _____
Is there a whole grain? _____
Is it low fat? _____

Total: _____

After:

How could you change your breakfast to make it into a 5-star breakfast?

How many food groups? _____
Is there a whole grain? _____
Is it low fat? _____

Stars

Total: _____

Five-Star Breakfasts: Before and After

How can you tell if you are eating a healthy breakfast? Use the Five Star Breakfast rating system to find out.

- ★ Give yourself a star for each food from a different group of MyPyramid, but not the fats group
- ★ Give yourself a star for each whole grain food (read the ingredients and make sure the words "whole" or "whole grain" appear first on the list and in front of the words oats, wheat, rice or corn)
- ★ Give yourself a star for each choice that is "reduced-fat" or "low-fat" (such as milk, sausage, cheese)

EXAMPLE: 5 Star Breakfast

Instant oatmeal made with skim milk and topped with cinnamon and raisins

- 3 food groups (instant oatmeal = grain group, skim milk = milk group and raisins = fruit group) = ★★★
- Instant oatmeal, like regular oatmeal, is an excellent whole grain choice and good source of fiber = ★
- Skim milk is low fat = ★

Total = ★★★★★

How many stars does each of these before and after breakfasts get?

1. Before:

Frosted cereal and whole milk

How many food groups? <u> 2 </u>	<u> 2 </u>
Is there a whole grain? <u> no </u>	<u> 0 </u>
Is it low fat? <u> no </u>	<u> 0 </u>
Total:	<u> 2 </u>

After:

Whole grain cereal with skim milk and fresh berries

How many food groups? <u> 3 </u>	<u> 3 </u>
Is there a whole grain? <u> yes </u>	<u> 1 </u>
Is it low fat? <u> yes </u>	<u> 1 </u>
Total:	<u> 5 </u>

2. Before:

Scrambled eggs and bacon

How many food groups? <u> 1 </u>	<u> 1 </u>
<small>(remember - bacon counts as a serving from the fat group)</small>	
Is there a whole grain? <u> no </u>	<u> 0 </u>
Is it low fat? <u> no </u>	<u> 0 </u>
Total:	<u> 1 </u>

After:

Scrambled eggs, low-fat bacon, a slice of whole-grain toast and a glass of calcium-fortified orange juice

How many food groups? <u> 3 </u>	<u> 3 </u>
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Is there a whole grain?	___1___	___1___
Is it low fat?	___yes___	___1___
Total:		___5___

3. Before:

Chocolate donut and fruit drink

Stars

How many food groups?	___1___	___1___
<small>(remember - the fruit drink is NOT a 100% fruit juice)</small>		
Is there a whole grain?	___no___	___0___
Is it low fat?	___no___	___0___
Total:		___1___

After:

Cake doughnut, low-fat chocolate milk and apple

Stars

How many food groups?	___3___	___3___
Is there a whole grain?	___no___	___0___
Is it low fat?	___yes___	___1___
Total:		___4___

What could you add to make this a 5-star breakfast?

Add a hard-cooked egg for a total of four food groups - this would be a 5-star breakfast.

Your own breakfast

Write down what you ate for breakfast this morning.

Before:

Stars

How many food groups?	_____	_____
Is there a whole grain?	_____	_____
Is it low fat?	_____	_____
Total:		_____

After:

How could you change your breakfast to make it into a 5-star breakfast?

How many food groups?	_____	<u>Stars</u>
Is there a whole grain?	_____	_____
Is it low fat?	_____	_____
Total:		_____