



Breakfast Ideas for Teens

Do you skip breakfast...

- ...most days during the week?*
- ...because you don't have time in the morning?*
- ...because you are not hungry?*
- ...to try to lose weight or control your weight?*

If you answered "yes" to any of these questions, this booklet is for you!



The Children's Exercise and Nutrition Centre
Hamilton Health Sciences

Breakfast quiz

What's your breakfast personality? Take this quiz to find out! Use the numbers in the brackets () to score your answers. Then add them up and check out your breakfast personality on the next page.

- 1. Do you eat breakfast?**
 Never (6) 1-3 days/week (4) 4-5 days/week (2) Almost always (0)
 - 2. Do you ever skip breakfast because you don't have time in the morning?**
 Never (0) Sometimes (3) Almost always (5)
 - 3. Do you ever skip breakfast because you don't feel well in the morning?**
 Never (0) Sometimes (3) Almost always (5)
 - 4. Do you ever skip breakfast to lose weight or control your weight?**
 Never (0) Sometimes (3) Almost always (5)
 - 5. Do you skip breakfast because you're just not hungry in the morning?**
 Never (0) Sometimes (3) Almost always (5)
 - 6. Do you skip breakfast because you're tired of eating the same old stuff?**
 Never (0) Sometimes (3) Almost always (5)
 - 7. How much time do you have for breakfast in the morning?**
 Never (6) 5 minutes (4) 10-15 minutes (2) 30 minutes or more (0)
 - 8. Where do you usually eat breakfast?**
 I don't (6) Kitchen (0) Living Room (2) My room (3)
 On the way to school (5) At school (4)
 - 9. When you eat breakfast, who eats with you?**
 I never eat breakfast (6) No one. I eat alone. (5) My brother/sister (3)
 My parents (0) My whole family (0) My friends (4)
 - 10. What is your favourite part of breakfast?**
 Nothing. I hate breakfast (6) Fruit (5) Milk (0) Grains (0)
(toast, cereal, etc.)
-

Quiz score

(0 to 12) Breakfast Brainer

You know what it takes to have a good breakfast most days. You may skip occasionally, but you know how much better you feel when you make time for the most important meal of the day. Read up on the recipes for new breakfast ideas, and check out the breakfast tips inside!

(13 to 39) Breakfast Sampler

You do not always eat breakfast and you find yourself skipping it when you are tired or cannot find anything good to eat. When you eat breakfast, you feel better, but you are having troubles making breakfast part of your everyday routine. Use this booklet to get you thinking about how you can eat healthy breakfasts more often!

(40 to 54) Breakfast By-Passer

Breakfast just isn’t your thing right now. It’s not that you’re against having a good breakfast – you are just not convinced that it’s the most important meal of the day and you have trouble making time for it. Flip through this booklet and see what you think – you may find it gives you that extra push you need to become a more regular breakfast eater!

What’s so great about breakfast?

- Breakfast gives you a chance to eat foods that give you energy, vitamins, minerals, and other important nutrients. These nutrients are needed for healthy bones, muscles, and your digestive system. This may not seem like a big deal now, but you’ll thank yourself later!
- Did you know that eating breakfast every day can help you shape up. It’s true! Studies have shown that teens who eat breakfast every day (especially ready-to-eat cereals) tend to have a healthier body weight.
- Eating breakfast can help you concentrate at school, give you more energy to do the things you enjoy, and even make you feel happier.
- Having breakfast every day can help you with cravings, especially after school (for example, you won’t find yourself reaching for chips or cookies the second you walk in the door!).
- Eating breakfast is a great way to get your body working to give you energy for the day!

“When I eat breakfast, I feel less hungry and I’m more active.”

Sean, age 13

So you want to eat breakfast ... what's stopping you?

“When I eat breakfast, I’m not as hungry at lunch. I can concentrate on my classes because my stomach isn’t growling. It wakes me up in the morning.”

Claudia, age 15

“I don’t have time for breakfast in the morning.”

- Pack a breakfast-to-go the night before so you can eat on the way to school.
- Set up your breakfast the night before so that you just have to put it together (see Be Prepared! on page 8).
- Pick out your clothes the night before to save time in the morning for a bite to eat.
- If you usually shower in the morning, try showering at night to make time in the morning for breakfast.
- Try setting your alarm 10 minutes earlier to give yourself time to grab something quick.

“I’m not hungry in the morning.”

Not being hungry in the morning may be natural or it could be caused by medications you take. Many medications for things like ADD (attention deficit disorder), ADHD (attention deficit and hyperactivity disorder) or bipolar disorder can cause you to lose your appetite. When you are not hungry because of medications or not, these tips can help:

- Start off small. If you find you’re not hungry in the morning, or don’t feel up to eating, start off slow.
- Try having a piece of fruit or a small yogurt.
- When you think you can handle more, try adding something from another food group. For example, add an english muffin with your fruit. If you’re having yogurt, try adding some berries.

Eventually you will feel hungry in the morning and will eat a full breakfast. Try the recipes inside!

“Sometimes I skip breakfast to lose weight. If I eat less food, I’ll lose weight, right.”

- Skipping breakfast is not the best solution for losing weight or shaping up. Actually, skipping breakfast will probably make you feel hungrier later in the day and you’ll end up snacking on junk food.
- If you take the time to eat a healthy breakfast, it can help you to shape up and stop you from getting super hungry later on.
- Eating regular meals during the day (including breakfast) with healthy snacks in between stops you from getting that really hungry feeling. You know, that “starving” feeling you get when you’ll eat anything that looks tasty!

When I eat breakfast, I’m not as hungry at lunch time and more active.”

Shannon, age 12

“I don’t want to eat toast or cereal for breakfast, and I don’t know what else to have.”

- They say you are what you eat. You are not boring, so why should your breakfast be?
- Toast and cereal are great options, but you don’t have to have them every day.
- Check out the recipes inside for some new and exciting breakfast ideas!

Tips for quick breakfasts

Fun with food groups

When planning your breakfast, choose foods from 3 or 4 food groups.

Example:

A whole-grain flatbread/tortilla smeared with 2 tablespoons of peanut butter, and rolled around a peeled banana – 3 food groups in a handy, mess-free bundle!

“When I only have milk for breakfast, I’m more tired and it’s hard to play attention at school.”

Eric, age 15

Plan ahead for the rush

If you’re always pressed for time in the morning, plan ahead!

Plan your breakfast the night before and get as much ready as possible.

Example:

Place your cereal bowl, spoon, cereal box and fruit on the table. Then you just have to grab the milk in the morning.

Be prepared!

If you help make the grocery list, jot down some healthy “grab-and-go” items to make your mornings easier.

Single serving yogurts, bananas, apples and oranges make breakfast on the go a snap. You can also pre-portion your favourite cereal in plastic containers for rushed mornings.

Fibre is your friend

Fibre helps to keep your digestive system healthy, and fills you up without adding many calories. Some breakfast cereals are high in fibre and pack some great flavour. In fact, studies have shown that breakfast cereals help with shaping up and getting good grades in school! This is no surprise, since healthy cereals are jam-packed with important nutrients.

When choosing breakfast cereals, pick ones which are high in fibre, such as All-Bran Strawberry Bites or Compliments Balance 10 Whole Grains & Flax Muesli Flakes.

Look for the Nutrition Facts table on the side panel. Check the serving size at the top, and look at the amount of fibre per serving. Try to choose cereals which offer at least 4 g of fibre in a cup of cereal (more fibre is even better!).

For an extra hit of fibre, add berries to your cereal or eat a whole piece of fruit. Oranges and unpeeled apples and pears are great choices.

Share your wisdom

Be creative and try new things! When you discover great breakfast ideas, share them with your family, friends or dietitian. Ask them if they have any tasty ideas.

“When I eat breakfast, I feel more awake in school and actually want to do work.”

Trenton, age 12

Got the breakfast blues? Try something new!



Lip-Smackin' Smoothie

1 cup low-fat milk (skim, 1%)
1/2 cup yogurt
1 frozen banana or
1/2 cup fruit (think berries!)

Blend all ingredients and enjoy!

You can also freeze it in popsicle molds for a tasty frozen treat.



Perfect Yogurt Parfait

1 cup vanilla yogurt
(or stirred fruit yogurt)
1/4 cup granola or muesli
cereal
1/2 banana, slices or
1/2 cup berries

Spoon 1/3 cup yogurt into parfait glass or bowl.
Sprinkle 1 1/2 tbsp granola/muesli over yogurt.

Drop 1/3 of fruit on top of cereal.

Repeat steps twice to make a 3-layered breakfast treat.



Breakfast-to-Go Trail Mix

3/4 cup cereal
2 tbsp nuts (try almonds or walnuts)
2 tbsp dried fruit (try raisins or dried apple slices)

Combine your favourite healthy ready-to-eat breakfast cereal with nuts and dried fruit in a small container or sandwich bag.

Shake it up and enjoy at home, on the go, or anywhere!



Make –Ahead Breakfast Bars

- 1 cup quick-cooking oats
- ½ cup whole wheat flour
- ½ cup Grape Nuts cereal
- ½ tsp ground cinnamon
- 1 beaten egg
- ½ cup unsweetened applesauce
- ¼ cup honey
- 3 tbsp brown sugar
- 2 tbsp vegetable oil
- ¼ cup unsalted sunflower seeds
- ¼ cup chopped walnuts
- ¾ cup dried fruit (raisins, dried cranberries, etc.)

Preheat oven to 325°F and line a 9 inch square baking pan with aluminum foil.

Spray the foil with cooking spray.

In a large bowl, stir together the oats, flour, cereal and cinnamon.

Add the egg, applesauce, honey, brown sugar, and oil. Mix well.

Stir in the sunflower seeds, walnuts, and dried fruit.

Spread the mixture evenly in the prepared pan.

Bake 30 minutes, or until firm and lightly browned around the edges.

Remove from oven and let cool. Use the foil to lift from the pan. Cut into 12 bars. Store in an air-tight container in the refrigerator.

You can also freeze them so that they last longer!



Instant Oatmeal with Apple Slices

- 1/3 cup quick-cooking oats
- 2/3 cup water
- 1/2 tsp vanilla extract
- 1 tsp brown sugar
- 1/4 cup low-fat milk
- 1 medium apple, cored and sliced.

Combine oats, water and vanilla.

Microwave on high for 2 minutes.

Add brown sugar & milk.

Dip apple slices in oatmeal – when you run out of apple, pull out a spoon!

More recipes to try ...

Egg Salsa Wrap

Scramble an egg with 1 tablespoon of milk and cook in the microwave for 1 minute. Place into a whole wheat tortilla wrap with a tablespoon of salsa. Roll and enjoy.

Peanut Butter Banana Roll Up

Spread two tablespoons of peanut butter on a whole wheat tortilla wrap. Place a whole banana on it and roll it up to enjoy.

French Toast

In a flat pan, mix 1 tablespoon of milk, 1 egg white, ½ tsp vanilla, ¼ tsp cinnamon, dash nutmeg and dash of cloves. Soak two slices of whole wheat bread in the mixture for 2 minutes.

Fry on griddle with 2 teaspoons of hot canola oil, on both sides, for four to five minutes. Top with two tablespoons of applesauce instead of syrup.