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GOOD
REGUL
PERAL

BREAKFAST

How many calories do you need for one day's living?
An average-sized person as described below requires about
the number of calories shown:

TEENAGERS:	CALORIES
Girls	2,000-2,400
Boys	2,700-3,000
HOUSEWIFE, normally active:	
Age 22 up to 35	2,000
Age 35 up to 55	1,850
MAN, normally active:	
Age 22 up to 35	2,800
Age 35 up to 55	2,600

For work and for warmth, your body uses as fuel mainly fat, starch, sugar. The amount of fuel that foods provide is figured in calories. All foods give you calories—some many, some few in a given-sized portion. Given below are the calories in some commonly used breakfast items:

Calories	Calories
1 orange ----- 65	1-ounce serving dry cereal_ 105
1 4-oz. glass orange juice_ 60	¼ cup hash-browned --- 85
½ grapefruit----- 45	potatoes
1 6-inch banana----- 85	1 8-oz. glass whole milk___ 160
1 4-oz. glass tomato juice___ 25	1 8-oz. glass skim milk___ 90
½ cup unsweetened prunes_ 125	¼ cup half-and-half----- 80
1 slice bread or toast----- 70	1 large egg----- 80
(½-inch thick)	2 oz. cooked ham, lean --- 105
1 plain Danish pastry ---- 275	only
1 pat or square of butter --- 30	2 slices crisp bacon----- 85
or margarine	

- If you are a weight watcher, remember—
- It's a good idea to get at least a fourth of your daily calories at breakfast time.
 - Pounds are added when daily eating totals more calories than your body uses for energy.
 - Foods that pack the most calories in least space are the fats, starches, and sweets.

Prepared by
Consumer and Food Economics
Research Division
Agricultural Research Service
Washington, D.C.
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of USDA



to
start a
GOOD
DAY

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WHAT'S IN A GOOD BREAKFAST

Here are some patterns, all the way from light to hearty:

- **Fruit . . . cereal or bread . . . milk to drink . . . other beverage if desired.**
- **Fruit . . . cereal or bread, or both . . . egg . . . beverage.**
- **Fruit . . . cereal or bread, or both . . . eggs with meat, such as bacon, sausage, or hash, or fish . . . beverage.**

Let's take these patterns apart to see what a good breakfast does for you.

Fruit.—Fruit is in every one of these breakfasts, mainly for these reasons:

- Fruits give zest to meals.**
- They help prevent constipation.**
- Some fruits are outstanding for vitamin C.**

Breakfast is the best time to make sure of some food rich in vitamin C. If you don't have some at this meal, you're likely to fall short of your daily quota.

Citrus fruits are rich in vitamin C. An orange, half a grapefruit, or half a glass (4 ounces) of orange or grapefruit juice—fresh, frozen, or canned—goes far toward meeting vitamin C needs for the day.

If you squeeze citrus juice, use it unstrained . . . to get the most vitamins and minerals from the pulp.

Tomatoes, fresh or canned, are also good vitamin C providers, and may take over this job when they are easier to get than citrus fruit. It takes about three times as much tomato juice as orange juice to give you an equal amount of vitamin C.

Strawberries, cantaloup, and some other fresh fruits are valuable for vitamin C, and can take a turn providing it when they're in season and when variety is wanted.

Cereals, bread.—Cereals and bread give protein, iron and other minerals, vitamins, and food energy. An active worker or a growing child can have a heartier breakfast by eating both cereal and bread. Choose whole-grain, enriched, or restored kinds, for they have added values in B-vitamins and minerals. Butter and margarine used with bread help out with food energy and with vitamin A.

Milk.—Without a regular supply of milk in meals, it's hard to get enough calcium—an important mineral for bones and teeth—and the B-vitamin riboflavin. Milk is also a good source of top-grade protein.

Normal, healthy adults need a pint or more of milk in some form each day. Young children should have 2 to 3 cups; older children should have at least 3 cups; and teenagers, a quart.

Eggs, meat, fish.—Eggs, meat, and fish, as well as milk, provide high-grade proteins for body building and repair, and they have mineral and other values besides. Building foods of some kind are a "must" in the day's eating and one or more should appear in each meal.

Something hot.—Summer or winter, there's something hot, as a rule, in a good breakfast—a hot beverage, or hot cereal, for example. Something hot is cheering and gives you a sense of well-being.

SOMETHING DIFFERENT FOR BREAKFAST

Most folks like a change now and again. Here are a few ways to get variety—and maybe surprises—into breakfast.

Mix fruits—berries with sliced peaches, for instance, or sliced bananas with oranges—for change of flavor, and when you haven't enough of one kind to go around.

To add interest to cereals, top with favorite fruits . . . fresh in season, or frozen, canned, or dried. Fruits go well with both hot and ready-to-eat cereals.

Sprinkle grated cheese over eggs to be baked, or combine with scrambled eggs for a different flavor treat.

Scramble eggs with tomatoes. To serve 6: Beat together 6 eggs and a cupful of cooked or canned tomatoes. Season, and cook in a little fat over low heat, stirring constantly, until as firm as you like it.

Broil or fry tomatoes—red or green—and serve with bacon.

Take a tip from New England and have Saturday night's baked beans for Sunday morning . . . perhaps with cod-fish cakes and brown bread.

Chop cold potatoes and heat in a little fat, then scramble them with eggs.

Brown slices of leftover oatmeal, cornmeal mush, or other cooked cereal in a little fat. To slice and brown well, the cereal must be thick and cold.

Split leftover rolls, biscuits, muffins, or cornbread and toast in the oven. Or put crisp brown bacon between halves of toasted rolls.

Use stale bread to make an old favorite—french toast. Dip bread in a mixture of egg and milk or egg and tomato juice. Brown carefully in a little fat.

Saute chicken livers and serve on toast. Crisp bacon can be used as a garnish.

- Sausage or ham bought precooked, leftover meats. It takes only a few minutes to heat these through for serving.

- Cheese or cold sliced meat. Serve these as alternates for eggs.

- Instant hot beverages.

- Partially baked hot breads, canned oven-ready biscuits. Or, if you have a few more minutes to spend, the prepared mixes for muffins, biscuits, cornbread, and pancakes can be used to add variety.



If every penny counts . . .

IS BREAKFAST A PROBLEM? TRY TO SOLVE IT

**If the family eats at different times—
Or a child has to be left to eat breakfast
alone . . .**

Plan breakfast ahead of time to make sure that everyone gets the foods he needs to start out the day.

Eggs can be hard cooked and bacon prepared early and left for latecomers, or cooked cereal kept hot until eaten.

Keep on hand foods that are ready to eat or require little preparation. Many fruits, juices, and cereals, for instance, can be served directly from the container in which they are bought.

With foods ready at hand, family members can serve themselves.



If every minute counts . . .

You can prepare a good breakfast in just a few minutes, if you do a little planning and make use of today's convenience foods. Here are some foods that can quickly be made ready to serve.

- Canned, frozen, or fresh citrus juice. Mix frozen juice ahead of time, squeeze fresh juice the night before. Store juice cold and covered for best flavor.

- Ready-to-eat cereals, which are available in a wide variety to please any appetite, and instant and quick-cooking cereals.

Breakfast can be inexpensive and still furnish its share of the day's food. For instance—

Milk comes in many forms . . . with a range in price. Evaporated milk, skim milk, and buttermilk are generally less expensive than fluid whole milk. And nonfat dry milk is an especially good buy because of its low cost.

Whole-grain and enriched cereals—particularly the kinds you cook yourself—are bargains in food value. Make them the main part of breakfast often.

Shell color doesn't affect the food value you get from eggs, so buy the less expensive ones. Another way to save is to choose lower grade eggs when they are satisfactory for the use you want to make of them. Grade A eggs, for instance, are best for cooking in the shell, frying, and poaching. Grade B eggs are all right for scrambling, for omelets, and other cooking and baking.

Fresh fruits usually are good buys when they are in season locally. At other times of the year, check cost of a serving of fruit prepared in different ways—fresh, frozen, canned, dried, or as juice.

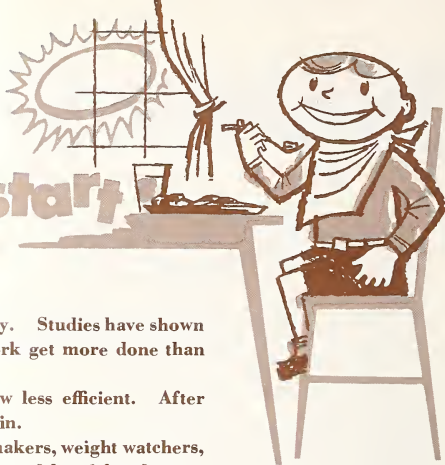
Ready-to-eat foods and those partially prepared when you buy them often cost more than the same items made at home.



If your weight's on your mind . . .

Eating a bird-sized breakfast or skipping the whole meal is a poor way to try to keep your weight under control. It's a far better plan to eat a good breakfast . . . and learn enough calorie arithmetic to even out your day's quota over the three meals. More calories than you need for work or play—that's where fat begins.


EAT A GOOD BREAKFAST to start a GOOD DAY



Eating a good breakfast is a good start for the day. Studies have shown that workers who tuck away a good meal before work get more done than those who skip breakfast—or eat a poor one.

As the morning goes on the hungry ones grow less efficient. After lunch they do better for a while; then they slow up again.

What is true for these workers is true for homemakers, weight watchers, teenage girls, and everyone else. Those who eat a good breakfast have a better chance to do a day's work well than those who neglect breakfast. Children are more likely to do well in studies and games.



A TEST OF A GOOD BREAKFAST
Here's a 3-point test of a good breakfast:

- It gives you protein, vitamins, and minerals—materials needed to build and repair the body and to help keep you healthy.
- It provides fuel for body energy.
- It tastes good.

A doughnuts-and-coffee breakfast fails the test (at left) on Point 1. It leaves far too much for other meals to make up.

A fruit juice-and-coffee breakfast goes only part way toward Point 1. It's short on Point 2 also. Between supper and breakfast there's a least a 10-hour stretch. Breakfast should provide its share of energy foods.

There's no hard-and-fast rule on how big a good breakfast should be. But for most people, and particularly for children, it is sound planning to have at least one-fourth of the day's food at breakfast and to include a good source of protein, such as eggs, meat, or milk.

