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Media Release for Immediate Use

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School days are here! With a little planning, mornings can go smooth with breakfast. Get your family involved to make a list of favorites and add some new things to the list. The key to a healthy well-rounded breakfast is to include foods from three food groups. Breakfast is the building block for the beginning of a healthy day of nutritious foods in your diet.

A great way to decide when making food choices is to think about Go Foods, Slow Foods and Whoa Foods. Go foods are those that are chocked full of nutrition and have zero added things you need limit in your diet. Examples include lean meats, low fat or no fat dairy, whole grains, fruits and vegetables. Slow foods have some nutritious values to them, but they include fats, sugars or salts that we need to limit in our diet. Examples include ice cream and popcorn with butter and salt (Skip the butter and salt to make it a go food). Whoa foods have little to no nutritional value. Examples include soda pop and bacon.

Now that you can decide, what is healthy and what may not be so healthy, decide on some items that you are willing to prepare for breakfast. You also may want to include some grab and go options for when life happens and you are running late.

Here is a great option if you are in a hurry and need something healthy on the run:

Banana Roll Up: Yield: 1 serving

Prep Time: 5 minutes

Ingredients:

- 1 (6-inch) whole wheat tortilla
- 1 Tablespoon creamy peanut butter
- 1 Tablespoon cereal, crunchy nugget type or other variety



- 1 banana, gently rubbed under cold running water
- 1 teaspoon honey or maple syrup (optional)

Directions:

1. Wash hands with soap and water.
2. Lay tortilla on a plate.
3. Spread peanut butter evenly on tortilla.
4. Sprinkle cereal over peanut butter.
5. Peel banana and place on tortilla.
6. Drizzle honey or maple syrup on banana (optional).
7. Roll the tortilla up.

Nutrition Information:

- Serving Size (1 recipe):
- Calories 330
- Total Fat 9g
- Saturated Fat 1.5g
- Sodium 300mg
- Total Carbohydrates 64g
- Fiber 7g
- Total Sugars 29g
- Protein 9g
- Calcium 2%
- Iron 20%

Nutrition Software Used:

LabelCalc
Source:

Nutrition Education Program

For more ideas, visit <https://food.unl.edu/> Wishing you and your family a healthy and safe school year!