

# 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?**

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**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?    ___2___       | <u>Stars</u><br>__2__ |
| Is there a whole grain?    ___no___    | __0__                 |
| Is it low fat?                ___no___ | __0__                 |
| Total:                                 | __2__                 |

#### After:

##### Whole grain cereal with skim milk and fresh berries

|   |                       |
|---|-----------------------|
| How many food groups?    ___3___        | <u>Stars</u><br>__3__ |
| Is there a whole grain?    ___yes___    | __1__                 |
| Is it low fat?                ___yes___ | __1__                 |
| Total:                                  | __5__                 |

#### 2. Before:

##### Scrambled eggs and bacon

|  |                       |
|--|-----------------------|
| How many food groups?    ___1___   | <u>Stars</u><br>__1__ |
| <small>(remember - bacon counts as a serving from the fat group)</small> |                       |
| Is there a whole grain?    ___no___                                      | __0__                 |
| Is it low fat?                ___no___                                   | __0__                 |
| Total:   | __1__                 |

#### After:

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

|                                  |                       |
|----------------------------------|-----------------------|
| How many food groups?    ___3___ | <u>Stars</u><br>__3__ |
|----------------------------------|-----------------------|

|                         |           |         |
|-------------------------|-----------|---------|
| 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?   | _____ | <b><u>Stars</u></b> |
| Is there a whole grain? | _____ | _____               |
| Is it low fat?          | _____ | _____               |
| Total:                  |       | _____               |