

What's in That Breakfast?—TEACHER KEY

Breakfast 1: The Traditional

Food	Calories	Protein (% of Daily Value)	Carbohydrate (% of Daily Value)	Fat (% of Daily Value)
1 medium banana	105	2%	9%	2%
1 oz Raisin Bran®	87	6%	8%	2%
8-ozs. of lowfat chocolate milk	158	16%	4%	8%
2 graham crackers	60	2%	4%	2%
TOTAL	410	26%	25%	14%

• Does it include foods from three of the Five Food Groups?	YES	NO		
• Does it include foods from at least two Food Groups to Encourage?	YES	NO		
• Are there around 500 calories?	YES	FEWER	MORE	
• Does it provide about 25% of protein?	YES	LESS	MORE	
• Does it provide about 25% of carbohydrate?	YES	NO		

Breakfast 2: The Non-Traditional

Food	Calories	Protein (% of Daily Value)	Carbohydrate (% of Daily Value)	Fat (% of Daily Value)
2 slices of medium Pizza Hut Veggie Lovers® pizza leftovers	440	36%	20%	24%
1 apple	81	0%	7%	0%
TOTAL	521	36%	27%	24%

• Does it include foods from three of the Five Food Groups?	YES	NO		
• Does it include foods from at least two Food Groups to Encourage?	YES	NO		
• Are there around 500 calories?	YES	FEWER	MORE	
• Does it provide about 25% of protein?	YES	LESS	MORE	
• Does it provide about 25% of carbohydrate?	YES	NO		

Breakfast 3: The Fast-Food Breakfast

Food	Calories	Protein (% of Daily Value)	Carbohydrate (% of Daily Value)	Fat (% of Daily Value)
Burger King Croissan'wich® with sausage, eggs & cheese	520	38%	8%	60%
Hash browns rounds	229	4%	7%	23%
TOTAL	749	42%	15%	83%

• Does it include foods from three of the Five Food Groups?	YES	NO		
• Does it include foods from at least two Food Groups to Encourage?	YES	NO		
• Are there around 500 calories?	YES	FEWER	MORE	
• Does it provide about 25% of protein?	YES	LESS	MORE	
• Does it provide about 25% of carbohydrate?	YES	NO		