

# What's in That Breakfast?

## Directions:

- Review the three breakfasts below. Each meal shows the number of calories in each food. It also shows the percentage of the daily recommended amount of protein, carbohydrate and fat in each food.
- For each breakfast, calculate the number of calories and the percentages of protein, carbohydrate and fat.
- Answer the questions below each breakfast.

### 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

• 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	LESS	MORE	
• Does it provide less than 25% of fat?	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

• 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	LESS	MORE	
• Does it provide less than 25% of fat?	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

• 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	LESS	MORE	
• Does it provide less than 25% of fat?	YES	NO		