

# Nutritious School Breakfast

Addressing Added Sugar to Build a Better Meal

## Take a Look

Understanding the quality of a meal begins with attention to the Nutrition Facts Label and ingredient list. Use these resources to analyze the amount of added sugar in packaged foods. Some foods might include multiple sources of added sugars.<sup>1</sup>



## Understand the Impact

School breakfast is an opportunity to meet important daily nutrient requirements.<sup>2</sup> Students that consume a quality breakfast show improvements in attention, cognitive function, and long-term health.<sup>2</sup>



## Simple Swaps

Balancing nutrition and student acceptability can be a challenging task. Use whole fruits to add natural sweetness to yogurt, oatmeal, or smoothies. Spices and flavor extracts can also be used to enhance flavor without adding excess sugar.<sup>3</sup> Look to the next page for more ideas.



## Educate

Use opportunities to involve students in menu planning. Try taste-testing or recipe creation. Discuss with students the difference between natural and added sugars and how each impacts the body.<sup>1</sup>



# Are You Familiar With These Top Sources of Added Sugar?<sup>1</sup>



1. Sweetened Ready-to-Eat Cereal



2. Syrup, Frosting, & Other Condiments or Toppings



3. Muffins & Other Quick/Sweet Breads



4. Granola & Breakfast Bars



5. Toaster Pastries



6. Pancakes, Waffles & French Toast



7. Sweet Crackers



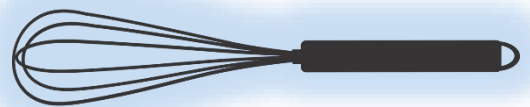
8. Cinnamon Rolls



9. Sweetened Yogurt

## Try These Tasty Alternatives!

- Supply unflavored milk and milk with less than 22 grams of added sugar per 8-ounce carton<sup>1</sup>
- Consider more meat/meat alternatives for breakfast such as breakfast burritos or sandwiches<sup>1</sup>
- Provide a whole grain-rich bagel with light cream cheese or peanut butter<sup>1</sup>
- Try energy bites and use ingredients like oats, raisins, seeds, coconut, & applesauce
- Make your own fruit puree by mixing ripe fruit with a little water!<sup>1</sup>
- Substitute added sugar for ripe bananas or applesauce into a bread/muffin recipe<sup>1</sup>
- Top plain yogurt with granola and fresh fruit



# References

1. *Best Practices For Reducing Added Sugars At School Breakfast.*; 2022. <https://fns-prod.azureedge.us/sites/default/files/resource-files/BestPracticesReducingAddedSugars.pdf>. Accessed July 12, 2022.
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3. Peters, J. C., Marker, R., Pan, Z., Breen, J. A., & Hill, J. O. (2018). The Influence of Adding Spices to Reduced Sugar Foods on Overall Liking. *Journal of Food Science*, 83(3), 814–821. Retrieved from [www.doi.org/10.1111/1750-3841.14069](http://www.doi.org/10.1111/1750-3841.14069).

