



Let's Eat

Better Breakfasts

COOPERATIVE EXTENSION SERVICE

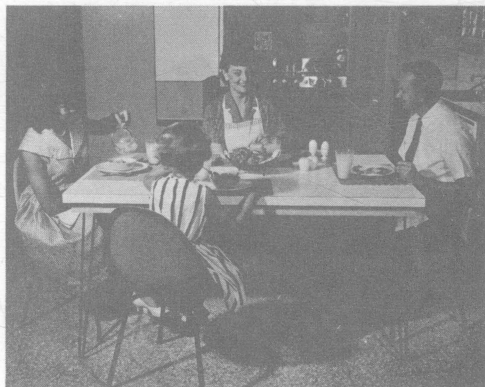
THE OHIO STATE UNIVERSITY

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Parents help to create good breakfast habits for children when they prepare and eat a nutritionally adequate breakfast. (Courtesy of U.S. Department of Agriculture Office of Information)

Cover photograph courtesy of Cereal Institute, Inc.



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Do Families Eat Breakfast?

Breakfast habits begin at an early age.

Surveys of family food habits throughout the United States and Ohio show that a high percentage of school children are not eating adequate breakfasts. Adults often skip breakfasts or eat a scant or hurried one. Teenage girls and adults often skip breakfast because they are concerned about overweight.

A 1957 report from the Pennsylvania Experiment Station emphasizes some important points. More than 1,000 children were instructed in the importance of an adequate breakfast and what foods make up an adequate breakfast. Researchers found that while 86 per cent of the boys and girls could select a good breakfast menu, only 40 per cent of them said they had eaten a good breakfast on the particular day surveyed.

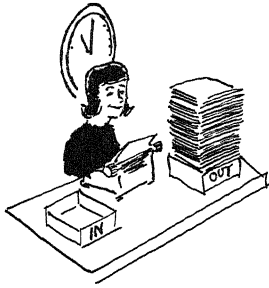
It would appear, then, that education is not the only answer. Some of the reasons given by the children for not eating the kind of breakfast they knew to be adequate were "lack of appetite," "ate what was prepared," "food or foods not available," "too little time," "dislike of foods," and "had to prepare food myself." The children indicated that "getting up earlier," "not eating before bed time," "having the kind of food I want," "going to bed earlier," as well as "someone to eat with me" were the factors which they felt might help them have a good breakfast. The greatest number of good breakfasts among children were found among those whose parents ate a morning meal.

One study of teenage girls' food habits shows that those who ate the most candy and soft drinks as snacks tended to eat the smallest breakfasts.

Ohio State University family life specialists, in their "Chats with Parents" leaflet, have called attention to the "swing in discipline." They have highlighted the change in families from the adult-dominated to the child-controlled home to the adult-guided home. At times we see evidence of the child following his own moods and desires in relation to skipping breakfast. To quote from the specialists, "Are we giving a child freedom when we abandon him to his own impulses? Freedom is the end product of discipline, not the alternative to it. . . . Youth should be given freedom to act in situations where they can accept full responsibility for the outcome. . . . Often they are given freedom when they lack the wisdom and experience to make their own decisions and to accept responsibility for their own mistakes." Does this have any connection to a child's freedom in breakfast habits?

Why Eat An Adequate Breakfast

Research studies conducted at the University of Iowa make the following conclusions possible:



—When you eat an adequate breakfast you can turn out more work during the late morning hours, you are quicker in your reaction and do not tire as easily.

—The “coffee break” as usually practiced is not an efficient substitute for an adequate breakfast.



—When breakfast is skipped, your work output is less, mental reactions are slower and muscular fatigue increases.



—Eating an adequate breakfast does not mean you will gain weight, nor does skipping breakfast mean you will lose weight provided the day's total calories remain constant.



—The breakfast meal that supplies one-fourth of the day's calories and protein is superior in maintaining mental and physical efficiency in the late morning hours to a larger or smaller meal.

What is an Adequate Breakfast?

The pattern for a nutritionally adequate breakfast is as follows:

- Fruit or Fruit Juice (preferably citrus or one high in Vitamin C)
- Cereal and Milk, and/or other protein-rich food
- Bread-Butter or Margarine
- Milk or Milk Beverage
- Other beverage if desired

The adequacy of any individual's diet can be determined only when all foods eaten during the day are considered. Therefore, all meals and snacks for the day should be planned as a unit not as individual meals disregarding what has been or will be served at another time.

Also, there are differences in total food needs of the individual at various stages in life so the breakfast pattern needs to be adjusted to meet the needs of all family members. For example, the active school child and teenager need both the cereal and other protein-rich food. The adult who is concerned about weight control would choose one or the other.

Why is Vitamin C Important?

The recommended daily allowances for Vitamin C (ascorbic acid) are as follows:

Men	70 Milligrams	Boys, 9-12 yrs.	70 Milligrams
Women	70 Milligrams	12-15 yrs.	80 Milligrams
Pregnant women (2nd and 3rd trimester)	100 Milligrams	15-18 yrs.	80 Milligrams
Lactating women	100 Milligrams	Girls, 9-12 yrs.	80 Milligrams
Infants up to one year	30 Milligrams	12-15 yrs.	80 Milligrams
Children, 1-3 yrs.	40 Milligrams	15-18 yrs.	70 Milligrams
3-6 yrs.	50 Milligrams		
6-9 yrs.	60 Milligrams		

Vitamin C helps in the formation and maintenance of collagen, the cementing material that holds body cells together. Collagen is an important factor in the healing of cuts or wounds. Vitamin C is also thought to be related to normal metabolism of one of the amino acids, to the body's ability to resist bacterial toxins and to the function of the adrenal gland.

These functions require a supply of Vitamin C daily for both children and adults. The importance of adding ascorbic acid in orange juice early in an infant's diet has long been recognized.

For the teenage girl to obtain adequate Vitamin C, if all the requirements were to be furnished by breakfast foods, she would need one of the following

foods in the approximate quantity indicated or a combination:

$\frac{2}{3}$ cup fresh orange juice	$\frac{2}{3}$ of 5" cantaloup
$\frac{1}{2}$ cup frozen orange juice	2 cups canned tomato juice
1 cup canned grapefruit juice	2 medium sized raw tomatoes
1 medium orange	3 cups raw pineapple
1 cup raw grapefruit sections	2½ cups red raspberries
8/9 cup raw or frozen strawberries	3½ cups pineapple juice

Contrary to popular opinion, grape juice is not a source of Vitamin C. Sometimes foods low in Vitamin C are served for breakfast for variety from day to day. Dried fruits (prunes, apricots) can furnish important amounts of iron. Because it is not practical for anyone to eat the quantity of foods as listed above at one meal, other meals may also need to provide Vitamin C-rich food. New fruit drinks are available which are fortified with Vitamin C. Read labels carefully. The present Minimum Daily Requirement of Vitamin C for adults is 30 milligrams daily. This level used in labeling products as established by Food and Drug Administration is less than one-half the Recommended Daily Allowance of 70 milligrams. The latter value is used as the basis for planning nutritionally adequate diets.

How Much Protein Do You Need?

The following are recommended daily allowances for protein:

Men (5'9"—154 lbs.)	70 gms.	Boys, 9-12 yrs.	60 gms.
Women (5'4"—128 lbs.)	58 gms.	12-15 yrs.	75 gms.
Pregnant women (5'4")—2nd and 3rd trimester)	78 gms.	15-18 yrs.	85 gms.
Lactating women (5'4")	98 gms.	Girls, 9-12 yrs.	55 gms.
Children, 1-3 yrs.	32 gms.	12-15 yrs.	62 gms.
3-6 yrs.	40 gms.	15-18 yrs.	58 gms.
6-9 yrs.	52 gms.		

Protein needs are determined on the basis of body weight. Protein is essential in building new tissue and maintaining tissue already formed. It also provides the necessary constituents for the formation of substances essential to enzymes, some hormones, and other body functions. Protein also serves in certain body regulating capacities and can be used to provide energy.

For a particular protein to be formed in the body, all of the amino acids needed for its formation must be available at one time in the right proportion. If even one of the essential amino acids is missing in the diet, or the amount provided is insufficient, growth failure occurs in the young. In the adult, if the amino acid is not available when needed, body tissue is broken down in an effort to supply it. Meat, milk, eggs, and cheese contain all of the essential amino acids and are known as "complete proteins." Better use of protein is realized by providing one of these complete protein foods *at each meal* of the day. This fact should give a clue to the need for including a "complete" protein-rich food at breakfast, particularly for those persons who do not have a large appetite or who wish to lose weight.

The protein from cereal and grain products are known as incomplete because they do not provide all of the essential amino acids. When such foods are combined with protein from animal sources in the same meal, the body utilizes the cereal protein more efficiently than when it is eaten alone. This fact is the basis for the development of some of the new fortified cereal products. One popular product blends rice, wheat, gluten, wheat germ, dry skim milk and yeast plus other nutrients. Whether or not the family chooses the highly fortified foods should be determined by (a) the adequacy of total daily diet, (b) cost, (c) flavor preference. When a variety of protein foods are readily available for all meals, the homemaker need not consider the new fortified cereal products a necessity to provide an adequate diet for the family.

In the chart below fill in names of your family members and the approximate amount of protein needed by referring to the previous table. Divide this by 4 and put this figure in the third column.

<i>Family Member</i>	<i>Approximate Daily Protein Need</i>	<i>Approximate Protein in Breakfast</i>	<i>Amounts of Protein-rich Foods Needed</i>
Mother			1 c. milk*
Father			1 c. milk*
			1 c. milk*
			1 c. milk*
			1 c. milk*
			1 c. milk*

**Milk is always suggested for the breakfast menu because it contributes to the daily calcium need; few other foods are rich in calcium.*

To complete the last column, choose possible combinations of foods for breakfast that will furnish adequate protein using the following table:

2 oz. meat, fish, poultry, cooked	15 grams protein
¼ cup cottage cheese	8 grams protein
1 cup milk, whole or skim	9 grams protein
1 cup cream of tomato soup	5 grams protein
1 cup cooked rolled oats	5 grams protein
1 tablespoon peanut butter	4 grams protein
1 oz. bran flakes	3 grams protein
1 cup cooked farina	3 grams protein
1 large shredded wheat biscuit	3 grams protein
1 in. cube cheddar cheese	4 grams protein

1 medium egg	6 grams protein
½ cup baked custard	6 grams protein
1 link or patty pork sausage (2 oz.)	10 grams protein
1 slice bread	2 grams protein
2 slices bacon	5 grams protein
1 cup rice or corn flakes	2 grams protein
1 cup puffed wheat or rice	1 gram protein
1 cup wheat germ	18 grams protein
1 doughnut	1 gram protein
1 pancake	2 grams protein
1 waffle ½ x 4½ x 5½	7 grams protein

How can a breakfast appetite be encouraged?

The aroma of well prepared tempting food on an attractively set table in a pleasant atmosphere can probably serve as enticements for eating in the morning. If you have not been eating breakfast, start with a small serving of fruit and a small serving of protein-rich food for two or three days. Then add toast or bread. See if the appetite does not soon ask for larger servings each day. Some mothers have found that serving a child juice immediately upon arising helps to stimulate the appetite for food a few minutes later.

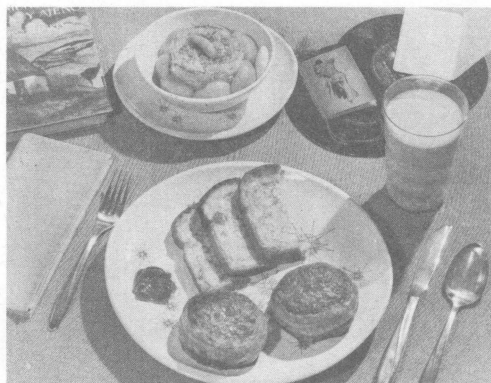
What foods should be served for breakfast?

Obviously there are many combinations of food that will make breakfasts nutritionally adequate. Breakfasts need not be monotonous or always contain the traditional breakfast foods. Careful advance planning for the meals, shopping, and organization of work the night before can help to make the breakfast time satisfying, enjoyable, and varied.

How nutritious are the commercial "breakfast in a glass" combinations? No single statement can be made about these concentrated foods because they vary in amounts and kinds of nutrients. It is wise to read labels carefully and to evaluate the nutrients. Some of the products contain non-fat dry milk solids, and egg yolk solids plus a variety of vitamins and minerals. The best insurance for an adequate diet is a variety of foods, but if time pressures or situations prevent one's eating ordinary foods for breakfast, a concentrated food product may suffice.

An exciting breakfast for a sophisticated teen-ager features a ready-to-eat cereal and green grape parfait, served with egg nog. Add orange wedges and tiny blueberry muffins to make an adequate breakfast. (Courtesy of Cereal Institute, Inc.)





A "teen-time" breakfast of apricot shreds, broiled meat patties, French toast, apple jelly and milk. (Courtesy of National Live Stock and Meat Board.)

Foods to Fit the Breakfast Pattern

Fruit and Fruit Juices

Tomatoes, oranges, grapefruit, strawberries, and cantaloupe are sources of Vitamin C. These should appear often in the breakfast menu. Fruits for breakfast may be fresh, canned, frozen, or dried.

Fresh Fruit—All fruits should be washed before serving.

Berries are usually served with sugar and milk or cream.

Peaches and bananas need to be sliced just before serving or dipped in lemon juice to prevent discoloration. These may be served with cereal or with cream or milk and sugar.

Oranges and grapefruit may be cut into slices or segments. You will get more food value than when they are squeezed into juice. Fruits may be served to eat "in-hand" at breakfast.

Fresh fruits, such as apples and rhubarb, may be cooked and served as a side dish, others may be broiled.

Grapefruit and Orange Sunburst—Cut grapefruit in half and section both halves. Peel orange and section. Remove three sections of grapefruit at even distances and replace with orange sections. Garnish with mint or a small green leaf. (Red apple wedges may be used instead of oranges.)

Canned Fruit—Serve any variety of canned fruit such as peaches, pears, apricots, berries. Chill the fruit and serve in a dessert dish or serve drained fruits on cereals. The juice may be used in beverages later. Canned fruits may be broiled also.

Frozen Fruit Juice Concentrates and Frozen Fruits—The use of frozen fruit juice concentrates has become widely accepted; they are quickly prepared and often more economical than fresh fruits. Frozen citrus juices can provide a significant source of Vitamin C (ascorbic acid). Frozen juices may be reconsti-

tuted the night before and stored in the refrigerator without significant losses of Vitamin C.

Frozen Fruits—The texture, color, flavor, and nutritive value of frozen fruits deteriorate when frozen fruit is thawed completely. Serve while a few crystals remain. For best results, keep the following points in mind as you defrost the product.

- Most fruits lose shape and juiciness when over-thawed.
- Peaches, apricots, and apples require longer to defrost than berries.
- Serve juice with the fruit. Fruit which has not been packed with sugar or sirup before freezing loses more Vitamin C than those fruits packed with sugar. Since Vitamin C is almost equally distributed between the fruit and juice, it is important to serve the juice as well as the fruit.
- Some frozen fruits such as peaches may be broiled after thawing.

Broiled Fruits—Brush fruits (apples, peaches, pears, apricots, grapefruit) with melted butter. Sprinkle with sugar and cinnamon or nutmeg. Arrange on broiler rack. Broil 7-10 minutes until hot and browned.

Cooking Dried Fruits

Soaking—Modern methods of removing water from fruits make it possible to cook them without soaking, or with very little soaking. Too long soaking draws out the flavor. Many packages of dried fruit provide cooking directions. If this information is not given, you may wish to follow the directions below.

1. Wash the fruit. Put in saucepan and cover with boiling water. Normally, 1 cup of water for four ounces of fruit is adequate. If the fruit is very dry and hard, allow at least one hour for fruit to soak.
2. Simmer the fruit in the water in which it is soaked.
3. If sugar is needed, add to the fruit the last few minutes of cooking.
4. Cook until the fruit is lustrous, plump and tender but does not fall apart.
5. Lemon, orange or grapefruit juice squeezed over the fruit will enhance its flavor. Slices of citrus fruit added in the last few minutes of cooking also add to the flavor.

Cereals

Whole grain and enriched cereals are good sources of certain B vitamins and iron. They furnish protein and calories, also. Hot cereals properly prepared are completely free of lumps, neither too thick nor too thin to be appetizing, and served piping hot. And this same standard holds true whether the cereal is of the regular, quick cooking or instant kind.

The manufacturer's directions for cooking cereals printed on the package label are the most accurate guide to both measurement and method to use for a successful product. Measurements should be accurate.

Ready-to-eat cereals need no preparation for serving with milk or cream and sugar, if they have been properly stored so as to retain their crispness. If allowed to be exposed to humid air, the cereals may be restored to crispness by heating in a moderate oven or over low heat (stirred constantly).

Cooking Hot Cereals

1. Heat water to boiling.
2. Slowly and steadily sprinkle cereal into boiling water, stirring constantly.
3. Continue stirring as cereal thickens.
4. Reduce heat or cook over boiling water for remainder of time.

Fruit juice and water, or milk and water, may be used as alternates to plain water as the liquids for cooking cereals. If milk is used, better results are obtained if the milk is not boiled; for this reason a double boiler method is often recommended. This method requires about one hour to cook regular cereal, and less time for quick-cooking types.

Note: To prevent lumping of fine granular cereals, part of the measured water (cold) may be reserved to mix with the cereal.

Whole kernel, relatively unprocessed grains also used as hot cereal require long cooking—often as much as four hours. The process can be speeded up—for cracked wheat, for example, by soaking the grain overnight in the water in which it is to be cooked the next morning.

Serve hot cereals with milk and sugar or with fruits for variations.

Eggs

Remember always to cook eggs using low temperatures. Gentle handling and gentle cooking go hand in hand to produce eggs that are easily digested, tender, and just right in flavor.

BAKED EGGS

For each serving

2 T. bread crumbs

1 egg

1 T. thin cream

Salt, pepper

Cover bottom of individual greased casserole or custard cup with $\frac{1}{2}$ cup of crumbs. Break egg. Put on top of crumbs. Add salt, pepper and remaining crumbs, add cream. Set dish in a pan of hot water and bake in preheated oven until white is barely set (350°).

Note: The crumbs may be omitted; $\frac{1}{2}$ t. butter substituted for cream. A slice of pre-cooked bacon or a square of corn bread may be put in the casserole before the egg.

SCRAMBLED EGGS SUPREME

12 eggs, beaten

$\frac{2}{3}$ c. top milk

1 t. salt

$\frac{1}{4}$ t. pepper

1 t. Worcestershire sauce

2 T. sliced pimento

2 T. finely chopped chives

2 T. butter or other fat

Combine beaten eggs, top milk, seasonings, pimento and chives. Melt butter in heavy frying pan or in top of double boiler over low heat. Pour in egg mixture and cook slowly over very low heat or boiling water, stirring lightly, just until set. Serve immediately with cooked pork sausages. Makes 8 servings.

EASY SKILLET OMELET

1 T. butter or margarine
6 eggs, separated
½ t. salt, scant
⅛ t. ground pepper
½ T. flour
1 T. water

While mixing omelet ingredients place butter or margarine in 10 inch electric skillet (with cover on)—temperature control set at 320°F (or in 12 inch skillet, with cover on, over moderately low heat). Beat egg whites with salt until stiff but not dry (whites will not slide out of bowl when it is tipped). Beat egg yolks with pepper, flour and water until fluffy. Fold yolk mixture into whites gently but thoroughly. Tip skillet to spread butter or margarine over bottom. Pour in omelet mixture, level surface gently and cover. Reduce heat to 240° (or reduce heat to low) and cook until surface of omelet is “dry” (touch lightly with finger tip) and knife inserted comes out clean, about 20 minutes.

Fold. Serve promptly. Makes 4-6 servings.

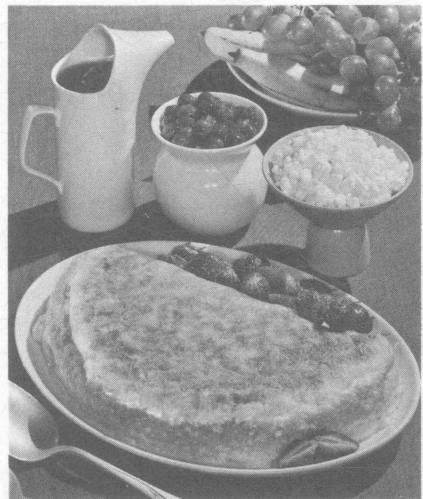
To fold an omelet: Hold skillet by handle with thumb and fingers on top. With spatula make cut halfway through omelet at right angles to handle slightly above center (toward handle). Place spatula under part of omelet nearest handle, tip skillet to nearly vertical position, and carefully fold upper half over lower half. Continue bringing skillet handle over until omelet tips over onto warm serving plate held to edge of pan.

To add variety to omelet, use: Cheese or mushroom sauce; creamed eggs, chicken or turkey; or a choice of sirup, honey or fresh fruit (slightly crushed and sweetened) may be served with the omelet.

FRENCH OMELET

3 eggs
3 T. milk or water
Dash salt
Dash pepper
1 T. fat

Mix eggs, milk, salt and pepper thoroughly. Avoid foaming. Heat fat in skillet (approx. 8-in.), just hot enough to sizzle a drop of water. Pour in the egg mixture. Reduce heat. As the mixture at the edges begins to thicken, draw the cooked portions with the fork toward the center so that the uncooked portions flow to the bottom. Tilt skillet as it is necessary to hasten flow of uncooked eggs. Do not stir and keep mixture as level as possible. When eggs no longer flow and surface is still moist, increase heat to brown bottom quickly. Carefully loosen edge. Fold in half or roll. Total cooking time 5-8 minutes. Makes 2 servings.



Easy Skillet Omelet (Courtesy of Poultry and Egg National Board)

FRIED EGGS

Heat 1-2 t. fat in frying pan.

Add eggs. Reduce heat immediately.

Add 1-2 t. water for each egg; cover the pan; cook 3-4 minutes.

SAUSAGE SCRAPPLE

(A different source of breakfast protein)

Cook $\frac{1}{2}$ pound bulk sausage in skillet and drain off fat. Prepare oatmeal for 4 persons according to package directions, then add cooked sausage. Turn into greased loaf pan and chill. When ready to use, remove from pan; cut into slices $\frac{1}{2}$ inch thick; dip in flour and fry in small amount of fat. Serve with maple sirup or applesauce.

FROZEN FRENCH TOAST

4 eggs, beaten

2 t. sugar

$\frac{1}{2}$ t. salt

$\frac{1}{4}$ t. nutmeg

$\frac{1}{4}$ t. vanilla (optional)

$1\frac{1}{2}$ c. milk

8 slices day-old bread (very dry)

Butter or margarine

Combine eggs, sugar, seasonings, vanilla and milk in large bowl; beat well. Dip each bread slice so it will absorb as much egg mixture as possible.

Brown bread on both sides in butter or margarine in skillet over moderate heat. Cool.

Lay slices on greased baking sheet; freeze. When frozen, stack slices with foil between; wrap for freezer. To serve, place frozen bread in toaster until heated thoroughly. Makes 8 slices.

BAKED HASH WITH EGGS

Combine two 1-pound cans corned beef hash and 1 teaspoon Worcestershire sauce in a bowl. Pack into a $6\frac{1}{2}$ x 10 inch glass utility dish. Make depressions in the hash with a cup and drop an egg into each. Bake in 375°F oven for 30 minutes or until eggs are set.

OPEN-FACED CHEESE SANDWICHES

Toast bread slices on one side. Butter untoasted side of bread slices; cover with slices of American cheese. Place under broiler until cheese melts. Sprinkle with paprika. Serve at once.

STRAWBERRY TOASTWICH

Fresh strawberries or frozen strawberries, drained

$\frac{1}{4}$ c. soft butter or margarine

12 slices white bread

$\frac{3}{4}$ c. strawberry preserves

2 slightly beaten eggs

$\frac{1}{3}$ c. milk

$\frac{1}{2}$ t. salt

1 T. sugar

$\frac{1}{4}$ c. shortening

Confectioner's sugar

Butter bread. Make six sandwiches by placing strawberry preserves between slices of buttered bread. Combine eggs, milk, salt and sugar. Dip each sandwich into egg mixture, turning it to coat both sides. Brown sandwiches, on both side, in small amount of hot shortening in a skillet. Shake a little confectioner's sugar over top of each Toastwich. Cover with strawberries. Makes 6 sandwiches.

Breakfast Breads

Toast, sweet rolls, muffins, biscuits, waffles, coffee cake and griddle cakes are all favorite breakfast breads. Use your own favorite recipe or mix to prepare these for your family. You may wish to make your own mix. These are the products that the weight-watchers should choose cautiously because the sugar on the sweet roll and the sirup on the waffle add many calories.

The breads and cereals specified for the meal pattern should be enriched or whole grain. If you choose to buy these products or to use commercial mixes, read labels to see whether they are fortified, enriched or restored.

BASIC MIX

- 9 c. sifted enriched all-purpose flour
or
- 10 c. sifted enriched soft cake flour
- $\frac{1}{3}$ c. double action baking powder
- 1 T. salt
- 1 t. cream of tartar
- $\frac{1}{4}$ c. sugar
- 2 c. shortening* which does not
require refrigeration

Stir baking powder, salt, cream of tartar, and sugar into measured flour. Sift three times into a large mixing bowl. Cut in the shortening with a pastry blender or work it in with the finger tips until mix is the consistency of corn meal. Store in a covered container in a cool place. To measure the mix, pile lightly into cup and level off with a spatula. Mix well. Keeps six weeks without refrigeration. (This recipe and the variations were developed in the experimental cookery laboratory of Purdue University.)

* If lard is used, the mix should be refrigerated. Decrease amount of fat to $1\frac{2}{3}$ cups.

PANCAKES OR WAFFLES

- 3 c. Basic Mix
- $1\frac{1}{2}$ c. milk
- 1 egg

Combine milk and beaten egg. Add to mix. Stir until flour is moistened. Bake on hot griddle or in waffle baker. Makes 20 medium pancakes or 6 large waffles.

BISCUITS

- 3 c. Basic Mix
- $\frac{2}{3}$ c. milk

Add milk all at once to mix. Stir until flour is moistened. Knead 15 strokes on lightly floured surface. Roll $\frac{1}{2}$ inch thick. Cut. Bake on cooky sheet in hot oven (450° to 475°) 10 minutes. Makes 12 2-inch biscuits.

ORANGE CREAM COFFEE CAKE

8-inch pie plate
Preheated 375° oven

Coffee Cake

3 cups biscuit mix*
1½ t. baking powder
¼ c. sugar
1 egg
½ c. milk
⅓ c. sour cream
1 t. vanilla

Filling

⅔ c. sour cream
½ c. brown sugar, firmly packed
¼ c. chopped nuts
Grated rind of one orange
Cinnamon
1 T. butter

Icing

1 c. confectioners sugar
1½ T. orange juice
Grated orange rind

Mix together biscuit mix, baking powder, and sugar in a bowl. Beat egg with milk, ⅓ cup sour cream, and vanilla; add to dry ingredients and mix quickly with a fork to blend. Dough will be sticky. Using a rubber spatula form dough into a ball and drop on well floured board or pastry cloth. Knead lightly about 10 times. Use more flour if necessary. Cut dough almost in half. Roll out larger half into an 8" circle. Place in a well buttered 8" pie plate. Spread ⅓ cup sour cream on bottom layer being careful not to let it spread over edge of dough onto pie plate. Top cream with brown sugar, nuts and half of the orange rind.

Sprinkle generously with cinnamon. Roll out smaller piece of dough into a 5½ inch circle. Cut 1 inch slashes around the edge at 1 inch intervals. Place on top of filling. Dot top layer with butter. Bake in 375° oven for 30 minutes or until brown. Top warm bread with an icing of confectioners sugar and orange juice. Garnish with remaining orange rind.

* *Commercial mix or basic mix on page 14.*

COFFEE CAKE

2¼ c. Basic Mix
⅓ c. sugar
⅓ c. milk
1 egg
Topping

Add sugar to mix. Combine milk and beaten egg. Add to mix. Stir until flour is moistened. Turn into greased 8 inch layer pan.

Topping: Combine ½ c. brown sugar, 3 T. butter and ½ t. cinnamon. Sprinkle over batter. Bake in hot oven (400°F.) for 25 minutes.

MUFFINS

3 c. Basic Mix
2 T. sugar
1 c. milk
1 egg

Add sugar to mix. Combine milk and beaten egg. Add to mix. Stir just until flour is moistened. Bake in greased muffin pans in hot oven (425°) 20 minutes. Makes 10 medium sized muffins.

RISE 'N SHINE COFFEE CAKE

1 can refrigerated cinnamon rolls,
with icing
¼ c. firmly packed brown sugar
½ c. chopped pecans
3 T. crushed cornflakes
¼ c. maraschino cherries, cut in pieces
3 T. melted butter

Snip rolls into quarters with scissors; drop into greased 8 inch round pan. Bake at 375°F. for 15 to 20 minutes until golden brown. Spread immediately with icing. Combine remaining

ingredients and press on top of coffee cake. Serve warm.

HONEY SHREDDED WHEAT

Mix together 2 tablespoons butter or margarine, 2 tablespoons confectioners sugar, 2 tablespoons honey and 1 teaspoon cinnamon. Place 1 tablespoon of mixture on each shredded wheat biscuit before placing on broiler rack. Broil 4 inches from heat until sugar is bubbly. Serve in cereal dishes with milk. Makes 4 servings.

Beverages

Adults usually prefer coffee or tea. All family members should be encouraged to drink milk in some form for breakfast. Hot cocoa can be a tempting drink, especially during cool weather. Prepare it quickly using this sirup or a commercial product.

CHOCOLATE SIRUP

1 square chocolate or 4 T. cocoa
¼ c. sugar
¾ c. hot water
1/16 t. salt
¼ t. vanilla

If time pressure in the morning is too great to permit one or more family members to sit down to eat a breakfast meal, breakfast in a glass may be the answer.

RAINBOW CUSTARD COOLERS

4 eggs (or 3 eggs and 2 yolks)
slightly beaten
½ cup sugar
¼ t. salt
3 cups milk, scalded
1 t. vanilla extract
½ t. almond or lemon extract
1½ cups cold milk

The night before—

Blend beaten eggs and yolks, if used, sugar and salt in top of double boiler. Stir hot milk slowly into egg mixture. Blend thoroughly and set over simmering water. Stirring constantly, cook until mixture coats spoon thinly. Pour

Add sugar, salt and water to chocolate, mix well. Boil 5 minutes stirring as needed. Cool, add vanilla. Store in covered container in refrigerator. Makes 1 cup sirup. Use 1½ tablespoons sirup for each cup of hot milk.

immediately into a chilled bowl. Or, set in pan of cold water. Prompt cooling is important. Add flavoring extracts. Refrigerate covered until morning.

In the morning—

Blend chilled custard with the cold milk using an electric blender or rotary beater. Chill again if desired or necessary.

Just before serving, add one of the following to each cup of the blended milk and custard:

Chocolate—2 to 3 T. chocolate syrup

Orange— $\frac{1}{4}$ cup concentrated orange juice

Strawberry— $\frac{1}{4}$ cup slightly sweet-

ened crushed fresh or frozen strawberries

Breakfast Short Cuts

- Plan a week's breakfast menus at one time. Advance meal planning has proved to be a time saver for homemakers.
- Stack a cupboard shelf with breakfast staples (mixes, assorted cereals, canned citrus juices, beverage items) and keep breakfast-getting utensils nearby.
- Bake two recipes of muffins at one time; package enough for each breakfast in aluminum foil; store in refrigerator or freezer for reheating just before serving. Frozen ones may be thawed overnight if desired.
- Do some preparation jobs the night before.
 - Set table; measure coffee into coffee maker
 - Mix waffle or pancake batter; cover and store in refrigerator
 - Mix and cut out biscuits; place on greased baking sheet or mix coffee cake and put in greased pan, cover with waxed paper and refrigerate.
 - Measure cereal or cook it to be reheated in a double boiler
 - Prepare frozen or fresh juices; cover tightly and refrigerate
- Have other members of the family assume some responsibilities for the food preparation, the table setting and/or clean-up.

BREAKFAST MENUS

Using the pattern below, plan breakfast menus for your family for one week

<i>Day</i>	<i>Fruit or Juice</i>	<i>Protein-rich Food</i>	<i>Cereal</i>	<i>Bread</i>	<i>Beverage</i>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Suggested Pattern for Other Meals

Lunch or Supper

A protein-rich food (meat, fish, poultry, eggs, cheese, or an alternate)

A vegetable or fruit or both

Bread—butter or margarine

Dessert (if desired)

Milk for all

Dinner

A protein-rich food (meat, fish, poultry, eggs, cheese, or an alternate)

Two vegetables—potato or other starchy vegetable

—a dark green or yellow vegetable

Bread—butter or margarine

Dessert

Milk

Other beverage, if desired

After you have planned your breakfast menus, use the above menu patterns as a guide to plan the other meals. If you plan to serve snacks, include these in the plan.

Calorie Content of Selected Foods

	Calories
<i>Whole milk, 1 cup</i>	160
<i>Skim milk, 1 cup</i>	90
<i>Coffee cream, 1 T.</i>	30
<i>Cocoa, 1 cup</i>	235
<i>Egg, 1 hard cooked</i>	80
<i>Bacon, 2 slices</i>	100
<i>Ham, 3 ounces</i>	245
<i>Apricots, ½ cup cooked dried</i>	120
<i>Cantaloupe ½ of 5 inch diameter</i>	60
<i>Grapefruit, ½</i>	55
<i>Orange, 1 medium</i>	70
<i>Orange juice, ½ cup frozen</i>	75

Calorie Content of Selected Foods

(Continued)

<i>Prunes, ½ cup cooked</i>	150
<i>Strawberries, ½ cup raw</i>	28
<i>Biscuit, one 2½ inch diameter</i>	140
<i>Bread, 1 slice</i>	60
<i>Cornflakes, 1 ounce</i>	110
<i>Oatmeal, 1 cup</i>	130
<i>Pancake, one 4" diameter</i>	60
<i>Waffle, one 4½ x 5½ x ½</i>	210
<i>Wheat flakes, 1 ounce</i>	110
<i>Butter or Margarine, 1 t.</i>	35
<i>Jam or Jelly, 1 T.</i>	55
<i>Sirup, 1 T.</i>	60
<i>Sugar, 1 T. granulated</i>	45

Reference:

Eat A Good Breakfast To Start A Good Day, U.S.D.A. Leaflet 268.

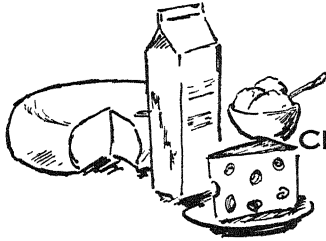
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A DAILY FOOD GUIDE

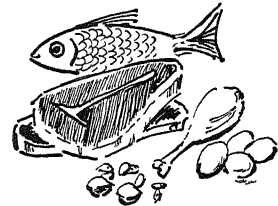


Milk Group

CHILDREN UNDER 9	2 TO 3 CUPS
CHILDREN 9 TO 12	3 OR MORE CUPS
TEEN-AGERS	4 OR MORE CUPS
ADULTS	2 OR MORE CUPS

Meat Group

2 OR MORE SERVINGS

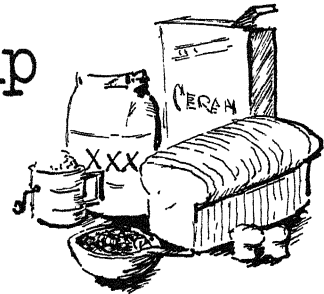


Vegetable Fruit Group

4 OR MORE SERVINGS

Bread Cereal Group

4 OR MORE SERVINGS



Plus other foods as needed to complete meals and to provide additional food energy and other food values