FOOD FOR THOUGHT

Low Cal, Easy Power Breakfast Ideas

children need to start their days off right. One way to get a head start is a delicious breakfast.

Light, fresh, easy and nutritious sum up these four low calorie breakfast ideas created by the **Post** Center for Nutrition & Health for those health-minded, weight-conscious individuals who know breakfast is important.

All of the suggestions can be prepared in less than five minutes and supply good, low calorie nutrition because they are built around ready-to-eat cereals.

Cereal food are high in complex carbohydrates and a source of fiber, yet low in fat and cholesterol. They are also fortified with essential vitamins and minerals for added nutrition. Complement all those attributes with lowfat dairy foods and fresh fruit, and you have a balanced breakfast.

DUTCH APPLE BOWL

- 2 large tart apples
- I tablespoon sugar
- 2 tablespoons margarine
- 2 cups natural whole wheat flakes
- 2 cups skim milk

I teaspoon vanilla extract

Core apples and cut into ¾ - inch slices. Sprinkle with sugar and fry in hot margarine until tender. Cut each slice in sixths, if desired. Add ½ cup cereal to each individual bowl. Top with apples, dividing equally. Heat milk with vanilla and serve over cereal.

YIELD: 4 portions

Per portion: 220 calories; 6 gm protein, 35 gm total carbohydrate; 6 total fat; 2 mg cholesterol; 220mg sodium; 4 gm dietary fiber.

WARMED FRUIT "PUDDING"

1/4 cup crunchy nutlike cereal nuggets

I tablespoon skim milk

1/3 cup lowfat cottage cheese

1/4 cup raspberries, blueberries or sliced strawberries



I teaspoon brown sugar

Place cereal in an 8 to 10-ounce ovenproof bowl. Top with, cottage cheese and fruit. Sprinkle with brown sugar. Place in hot broiler; broil until sugar is melted.

YIELD: I portion.

Per portion: 190 calories; 11 gm protein; 35 gm total carbohydrate; 1 gm total fat; 3 mg cholesterol; 400 mg sodium; 3 gm dietary fiber.

HONEYED PEACH CRISPS
I small peach, pitted and sliced
I teaspoon honey

½ cup whole wheat and bran cereal, any variety crushed slightly

Place peach slices on a plate. Drizzle with honey and coat with cereal.

YIELD: I portion

Per portion: 150 calories; 4 gm protein; 38 gm total carbohydrate; 1 gm total fat; 0 mg cholesterol; 170 mg sodium; 5 gm dietary fiber.

CEREAL BREAKFAST PARFAIT

| cup sliced strawberries or other
fresh fruit

I container (8 ounces) vanilla lowfat
yogurt

1/2 cup crunchy nutlike cereal nuggets

Alternate layers of fruit, yogurt and cereal in two stemmed glasses.

YIELD: 2 portions

Per portion: 30 calories; 9 gm protein; 44 gm total carbohydrate; 2 gm total fat; 6 mg cholesterol; 240 mg sodium; 3 gm dietary fiber.

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