

Breakfast Choices Intermediate

Frugal Mary is 17, a senior in high school and over slept! Now it is time to go to school. She knows how important a great breakfast is to achieving higher scores in classes.

She enjoys cooking and is a very efficient chef in her family kitchen. She also has realized that if she consumes protein for breakfast, she will not receive hunger pains before lunchtime. Mary is not interested in consuming a large amount of fat grams. In addition, breakfast is the best time for Mary to consume products high in calcium. Help Mary make the best choice.

Criteria:

- Low cost (frugal)
- Quick (late for school!)
- High in protein
- Low in fat
- High in calcium

Breakfast Choices Senior

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She enjoys cooking and is a very efficient chef in her family kitchen. She also has realized that if she consumes protein for breakfast, she will not receive hunger pains before lunchtime. Mary is not interested in consuming a large amount of fat grams. In addition, breakfast is the best time for Mary to consume products high in calcium. Help Mary make the best choice.

#1

Convenience Store

Bacon, Egg and Cheese Croissant Sandwich (106 grams)

Low Fat Milk – 1 pint

Cost: \$2.97

Ingredients: Egg, American cheese, Bacon, Croissant (enriched flour, water, margarine, sugar, eggs, yeast, salt, fructose corn syrup)

Preparation: Drive to convenience store, get out of car, pay for purchase and eat while driving.

	Croissant	Milk	Total
Cost	\$1.98/sandwich	\$.99/pint	\$2.97
Calories	260	102	362
Total Fat (grams)	15	3	18
Trans fat (grams)	3	0	3
Cholesterol (mg)	155	10	165
Sodium (mg)	380	123	503
Dietary Fiber (grams)	< 1	0	<1
Protein (grams)	10	8	18
Vitamin C (mg)	2	0	2
Calcium (mg)	151	300	451
Iron (mg)	2.2	.1	2.3

#2

Homemade Breakfast Burrito (126 grams)

Crispix Cereal - 1 cup

Skim Milk - 1 pint

Cost: \$2.66

Ingredients: Flour tortilla, scrambled egg, grated cheese, salsa, tomatoes, refried beans

Preparation: Relatively little preparation, microwave scramble egg for 30 seconds, in fry pan heat tortilla shell, add salsa, scrambled egg and cheese, roll shell. Pour cereal and part of milk in bowl, pour remaining milk in glass. Eat.

	Burrito	Cereal	Milk	Total
Cost	\$1.42/burrito	\$.25/serving	\$.99/pint	\$2.66
Calories	189	108	86	383
Total Fat (grams)	6	trace	trace	6
Cholesterol (mg)	14	0	4	18
Sodium (mg)	583	240	126	949
Dietary Fiber (grams)	0	.6	0	.6
Protein (grams)	8	2	8	18
Vitamin C (mg)	0	15	2	17
Calcium (mg)	107	3	302	412
Iron (mg)	1.1	1.8	.1	3

#3
Two Eggo Frozen Waffles (70 grams)
Syrup
Bottled Orange Juice – 16 ounces

Cost per serving: \$1.52 per serving

Ingredients: Enriched wheat flour, whey, vegetable oil, eggs, water, leaven agent, sugar, salt, syrup, raw orange juice

Preparation time: Toast waffle in toaster, add syrup; orange juice in bottle. Eat.

	Waffle	Juice	Total
Cost	\$.13 / two waffles \$.19 /syrup	\$1.07/16 oz.	\$1.52
Calories	190	131	321
Total Fat (grams)	6	trace	6
Cholesterol (mg)	20	0	20
Sodium (mg)	440	0	440
Dietary Fiber (grams)	1	3.1	4.1
Protein (grams)	5	1	6
Vitamin C (mg)	0	70	70
Calcium (mg)	30	52	82
Iron (mg)	.9	.1	1.0

#4

Two Homemade Pancakes (232 grams)

Peanut Butter

Apple Juice – 8 ounces

Cost: \$.52

Ingredients: Pancakes (flour, sugar, eggs, baking soda, oil); Syrup;
Butter; Bottled Apple Juice

Preparation time: Make pancake mix, fry pancakes, spread peanut
butter on pancakes, pour apple juice into glass. Eat.

	Pancakes	Juice	Peanut butter	Total
Cost	\$.25/two pancakes	\$.21 / serving	\$.06	\$.52
Calories	520	248	190	958
Total Fat (grams)	14	Trace	16	30
Cholesterol (mg)	58	0	0	58
Sodium (mg)	1104	7	150	1261
Dietary Fiber (grams)	NA	2	.2	2.2
Protein (grams)	8	Trace	8	16
Vitamin C (mg)	3	2	0	5
Calcium (mg)	128	17	0	145
Iron (mg)	26	9	1	36

