

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

*August 2008*

## Breakfast Cereals Are Not Created Equal



### Choose low-sugar whole-grain cereals:

- Whole grains should be listed **FIRST** in the ingredient list.
- One serving should have at least 3 grams of fiber and no more than 8 grams of sugar.

### Children can learn to enjoy low-sugar whole-grain cereals.

- Mix sweetened cereal with low-sugar cereal to start. Gradually add more low-sugar cereal and less sweetened cereal.
- Add fruit (canned, fresh or dried) to low-sugar cereals
- Sweetened cereal can serve as a topping on yogurt or as a treat.



#### **Banana Nut Oatmeal** Serves 6

3 cups low fat milk	2 cups quick oats
3 Tablespoons brown sugar	1 large or 2 small bananas, sliced or mashed
1/2 teaspoon cinnamon (optional)	1/4 cup chopped nuts (optional)

1. In a medium pan combine milk, sugar, and cinnamon.
2. Bring to a boil. Add oats and gently stir.
3. Return to a boil then reduce heat to simmer. Cook until liquid is absorbed, about 1 minute.
4. Remove pan from heat. Add banana and nuts.
5. Serve while warm.

NUTRITION FACTS (per serving) – Calories 230; fat 5 g; calories from fat 45; sodium 55 mg; total carbohydrate 40 g; fiber 4 g

**CORRECTION** to JULY 2008 “Nuts & Seeds” Newsletter – Recipe: “Oat & Nut Treats”  
Treats should be stored tightly covered *in the refrigerator*.

### **Peanut Butter Crispies** – Makes 48 Crispies

1 cup peanut butter, plain or chunky      1 cup rolled oats  
2/3 cups honey\* or corn syrup              1 cup crispy rice cereal  
1/2 cup non-fat dry milk

\*Honey should not be served to children under one year of age.

1. Combine peanut butter with honey or corn syrup.
2. Add dry milk and stir until well-blended.
3. Add rolled oats to peanut butter mixture and mix well.
4. Pour rice cereal onto a plate. Make peanut butter mixture into small balls (teaspoon size) and roll in rice cereal. Store in an air-tight container in the refrigerator.

NUTRITION FACTS (per crispie ball) – Calories 60; fat 3 g; calories from fat 25; sodium 35 mg; total carbohydrate 7 g; fiber 1 g

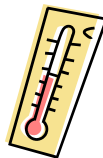
## Summer Food Safety Tips



Food spoils quickly during hot and humid weather.

So remember:

- Keep Hot Foods Hot
- Keep Cold Foods Cold
- Always wash hands before and after handling food.
- Use clean utensils and clean food preparation surfaces when preparing food.
- Food should not be left at room temperature for more than 2 hours and in hot weather (90° F and above) no more than **one** hour.
- Bread/rolls, pies, pastries and homemade cookies kept for more than 2 or 3 days should be placed in food storage containers or plastic bags and stored in the refrigerator.



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