Planning a Healthy Breakfast Using

Percent Daily Value

Health Canada and the Food and Drug Regulation (FDR) have set what information must be listed on food packaging to help inform consumers about what is in their food. Therefore, Nutrition Facts Table on packaged foods provides the consume with a wealth of information regarding the ingredients and the amount of the 13 key nutrients found within the food. One of the pieces of information given is the Percent Daily Value (%DV) of each nutrient – except protein, cholesterol, and sugar. Protein does not have one because most Canadian get enough in their diet; sugar and cholesterol don’t because there is no recommend amount for either of these to maintain a healthy diet.

**Assignment:**

Use the breakfast planning sheet provided to create a healthy breakfast using %DV for the 13 nutrients found in the Nutrient Fact Table. The meal should be part of a 2,000-calorie daily plan so you should aim for 500-600 calories for this meal.

Must include:

* Name of foods
* # of servings
* Calories
* %DV of the nutrients found on a Nutrition Fact Table

\*Remember to calculate these numbers based upon the number of servings in the meal – it may be more or less than the serving size for the food you are looking at. You must also include any condiments you serve with the meal.

For example, scrambled eggs with whole wheat toast, butter, raspberry jam, and ketchup. Then you must include the nutrition information for the butter, jam and ketchup on you planning sheet.

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| **Some Common Breakfast Foods** | | |
| Bacon | Biscuit | Milk |
| Sausage | Doughnut, glazed | Muffin – any type |
| Bagel | Eggs – any style | Hash browns |
| Bread, whole wheat | Fruit juice | Pop Tarts |
| Oatmeal | Margarine | Toaster Strudels |
| Cold cereal | Butter | Waffle, frozen |
| Yogurt – plain | Cream cheese | Peanut butter |
| Yogurt - flavoured | Jam | Fruit |