Breakfasts around the Globe

Jennifer Hillan and Claudia Peñuela

What foods do you eat for breakfast?
There are many choices for this very important first meal of the day. Think variety and aim to include foods from at least three different food groups using MyPyramid as a guide. If you are tired of traditional American breakfasts, here are some ideas from around the world. Some of these breakfasts are high in fat and sugar so eat them in moderation. Also, you can add nutritional value to meals by choosing whole-grain breads and low-fat meat and dairy products. Try to match the countries and breakfasts below.

1. Turkey
2. Ecuador
3. France
4. Germany
5. Ireland
6. Israel
7. Jamaica
8. Russia
9. Spain
10. Thailand

1. Fried eggs, fried tomatoes, sausage, black pudding, brown soda bread, and tea— that’s no blarney!
2. Cheese and cold meats; bread or rolls with honey or jam; coffee or tea— before driving your Volkswagen on the Autobahn.
3. Salad, cheese, olives, bread, juice, and coffee— before taking a dip in the Dead Sea.
4. Bliny (thin pancakes), porridge, cheese, sausage, bread, butter, and tea— before visiting Saint Basil’s Cathedral!
5. Ackee (type of fruit) and saltfish (codfish); fried dumplings; boiled bananas; coffee or tea— ya, mon!
6. Toast drizzled with olive oil and sprinkled with sugar; coffee and juice— gets you ready to run with the bulls.
7. Rice, fish, and mixed vegetables— energy for shopping in Bangkok.
8. Boiled eggs, black olives, cucumbers, tomatoes, cheese, bread, honey, and tea.
9. Scrambled eggs with cheese; fried mashed green plantains stuffed with cheese; bread and coffee— before traveling up the Amazon.
10. Croissant with jam; coffee and juice.