

Breakfasts around the Globe¹

Jennifer Hillan and Claudia Peñuela²



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.

- _____ Turkey
- _____ Ecuador
- _____ France
- _____ Germany
- _____ Ireland
- _____ Israel
- _____ Jamaica
- _____ Russia
- _____ Spain
- _____ Thailand

ANSWERS: 8, 9, 10, 2, 1, 3, 5, 4, 6, 7

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.

1. This document is FCS 8714, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published August 2001. Revised October 2010.
2. Jennifer Hillan, MSH, RD, LD/N, former ENAFS nutrition educator/trainer; Claudia Peñuela, EFNEP assistant in nutrition, Department of Family, Youth and Community Sciences; Institute of Food and Agricultural Sciences; University of Florida; Gainesville, FL 32611

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Employment Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex sexual orientation, marital status, national origin, political opinions or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A.&M. University Cooperative Extension Program, and Boards of County Commissioners Cooperating. Millie Ferrer-Chancy, Interim Dean.