

# Waffles



Whole grain waffles give you longer-lasting energy than waffles made from processed flour (above).

## Think About It

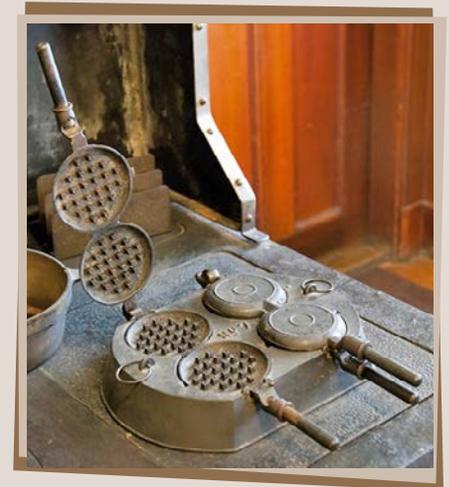
What toppings do you prefer on your waffles? How could you improve your nutrition with different toppings?

## Toasted Treats

Do you want a quick breakfast or a yummy weekend brunch? Start with a waffle. Now add the toppings! But choose wisely—some choices are healthier than others.

Real maple syrup, for example, is a very good source of *manganese*. Manganese is a *mineral*—a nutrient that comes from nonliving things. Maple trees get minerals from the soil. Maple syrup also contains simple *carbohydrates*, or sugars. Carbohydrates are the nutrients that give you energy. Simple carbohydrates, such as those in sugar, provide quick energy. Complex carbohydrates, such as those in whole grain flour, take longer for your body to break down. They give you longer-lasting energy and make you feel fuller. Waffles made from whole grain flour can give you energy to start your day.

Strawberries, blueberries, and bananas are delicious on waffles. They add important *vitamins*, too. Vitamins are nutrients your body needs in small amounts that are produced by plants or animals. Strawberries, for example, are rich in vitamin C, which you need in order to grow and heal.



Early waffle irons were placed right onto a wood stove or over a fire.

# WAFFLE TO GO?

Do you love waffles but are in a hurry? Consider a frozen whole wheat waffle. Just pop one in the toaster and then spread it with peanut butter or another nut butter. Waffles already have some *protein* from the flour and eggs, but nut butters increase this important nutrient, which helps build strong muscles.

You can also add protein to your breakfast by topping your waffle with yogurt and nuts. If you have more time and need a full meal, you could top your waffle with an egg and cheese. But these foods add fat and calories, not just protein.



Frozen waffles are quick to prepare in a toaster!

## Engineering

How can you design a waffle to hold ice cream? Roll it up! Waffle cones—thin waffles rolled into a cone shape—were invented in 1904 at the World's Fair in St. Louis.



# WAFFLE ATTACK!

Having a snack attack? Forget the chips and grab a waffle!

Waffles often have more protein and carbohydrates, and less fat, than potato chips. Fat is a *lipid*—an important nutrient. Lipids are important for your brain and nerves. However, many people eat too much fat.

In many countries, such as Belgium and England, waffles are a popular snack. Street vendors offer fresh, hot waffles covered with fruit and sprinkled with powdered sugar.



a waffle stand in London, England