A MESSAGE FOR PARENTS

Are your kids super-charged or super-tired?

Without a doubt, you've been told that breakfast is the most important meal of the day. After going eight or more hours without food, the body needs a good breakfast to jump-start the day! We know that it can be a challenge to get your kids out of bed and ready in time. Read on to learn why breakfast should be a priority in your house and discover some super speedy breakfast ideas. Remember… your kids learn from you. Are you eating a good breakfast?

Resources to learn more:

kidshealth.org
fruitsandveggiesmatter.gov
mypyramid.gov

Why bother with breakfast?

Eating breakfast every day:

- Gives your child an energy boost.
- Kick-starts the metabolism to prevent weight problems.
- Reduces irritability and tiredness.
- Improves school performance and ability to concentrate.
- Promotes healthier eating throughout the rest of the day.

Breakfast power boosters

For an energy-boosting breakfast, choose foods that are rich in whole grains, fiber, and protein and low in added sugars like:

- Whole-grain cereal, skim milk, and fresh berries.
- Oatmeal topped with chopped nuts, a touch of brown sugar, and sliced bananas or raisins.
- Whole-wheat English muffin or waffle topped with peanut butter and sliced fruit.
- Low-fat cottage cheese with fresh fruit, unsweetened fruit sauce, or fruit canned in juice.
- Yogurt parfait with whole-grain cereal, low-fat yogurt, and fruit.
- Whole-wheat pita filled with scrambled eggs, peppers, and salsa.

Super speedy breakfast ideas

If your kids (or you) tend to skip breakfast because mornings are too hectic, try these quick ideas to grab on the way out the door:

- Whole-grain, low-sugar cereal in a plastic sandwich bag.
- Whole-grain muffin, mini-bagel, or toast.
- Yogurt cups or smoothies.
- Easy-to-eat fresh fruit (banana, apple, peach, grapes, etc.).
- Trail mix of cereal, nuts, and dried fruits in a plastic sandwich bag.

Five better breakfast habits

Eating a better breakfast doesn't have to take a lot of time… it just takes a few solid everyday habits.

- Keep your kitchen well-stocked with healthy breakfast items.
- Wake up 10 minutes earlier — both you and your kids.
- Plan and prepare as much as possible the previous night and share breakfast-making chores with the kids.
- Check to see if your daycare or school offers breakfast.
- If your kids aren't hungry when they wake up, pack a grab-and-go option for the bus or between classes.

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