

HEALTHY BREAKFAST

BUILDING HEALTHY COMMUNITIES



A healthy breakfast is a must for kids! There's a reason breakfast is called the most important meal of the day! Growing bodies and developing brains need regular, healthy meals - including breakfast!

FUELING THE FUTURE:

Kids who eat breakfast perform better in school, are more likely to participate in physical activities, and eat healthier overall. Kids who skip breakfast are more tired, less able to learn at school, and more likely to be overweight because they eat more calories later in the day.

- Use the Nutrition Facts label and ingredient statement when you shop.
- Give kids food they like. Mix a little bit of cereal they like with some berries or add a banana on top.
- Make healthy trade-offs by incorporating a balance of fruits, veggies, proteins, grains, and dairy into breakfast.
- Take growth and activity levels into account. As growing bodies need nourishment, having a breakfast that contains protein, fat, and carbs help children feel full and stay focused for longer.
- Prepping the night before by chopping fruit or nuts to mix in with yogurt creates easier mornings.
- Help your children make healthy choices while on the run by offering pieces of fruits, a bag of trail mix, muffin and nut spread, or yogurts.



Go beyond traditional breakfast foods. Just be sure to maintain a healthy balance. If your kids want to switch it up consider last night's leftovers for a sandwich! Some fun ideas include:

BANANA DOG

Peanut butter, banana, and raisins on a whole-grain bun

BREAKFAST TACO

Scrambled eggs, shredded cheese, on a tortilla topped with salsa

SANDWICHES

*Fruit and cream cheese sandwich
Grilled Cheese
Nut butter and Jelly*

COUNTRY COTTAGE CHEESE

Apple butter mixed with cottage cheese

BEYOND TRADITIONAL :