



# Breakfast

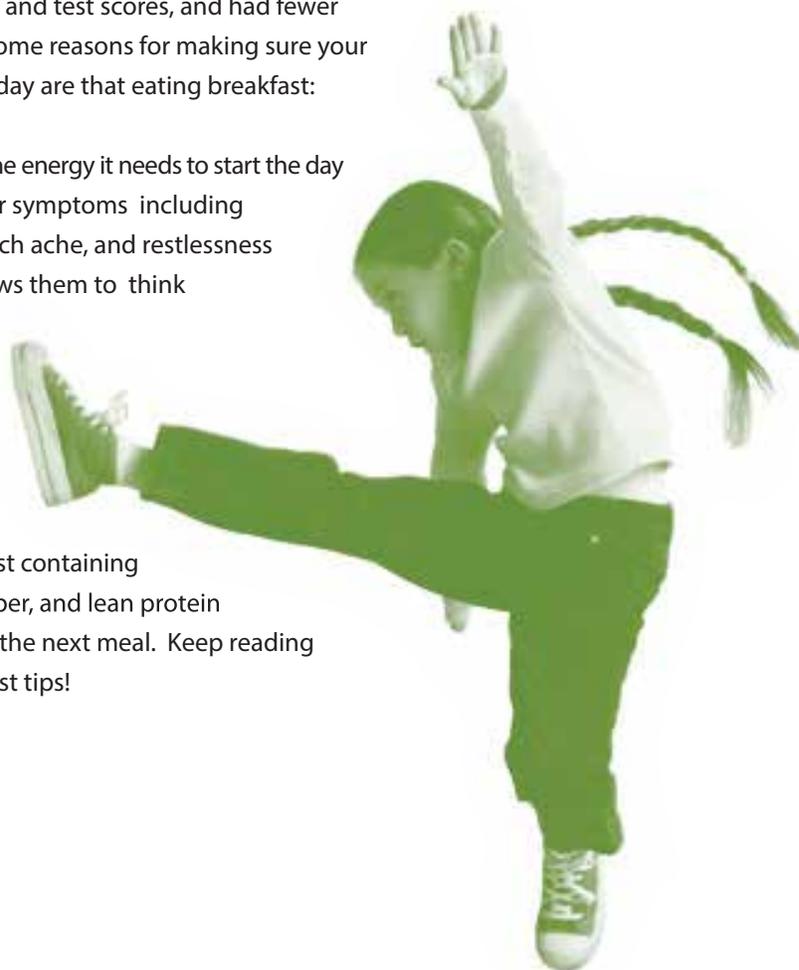
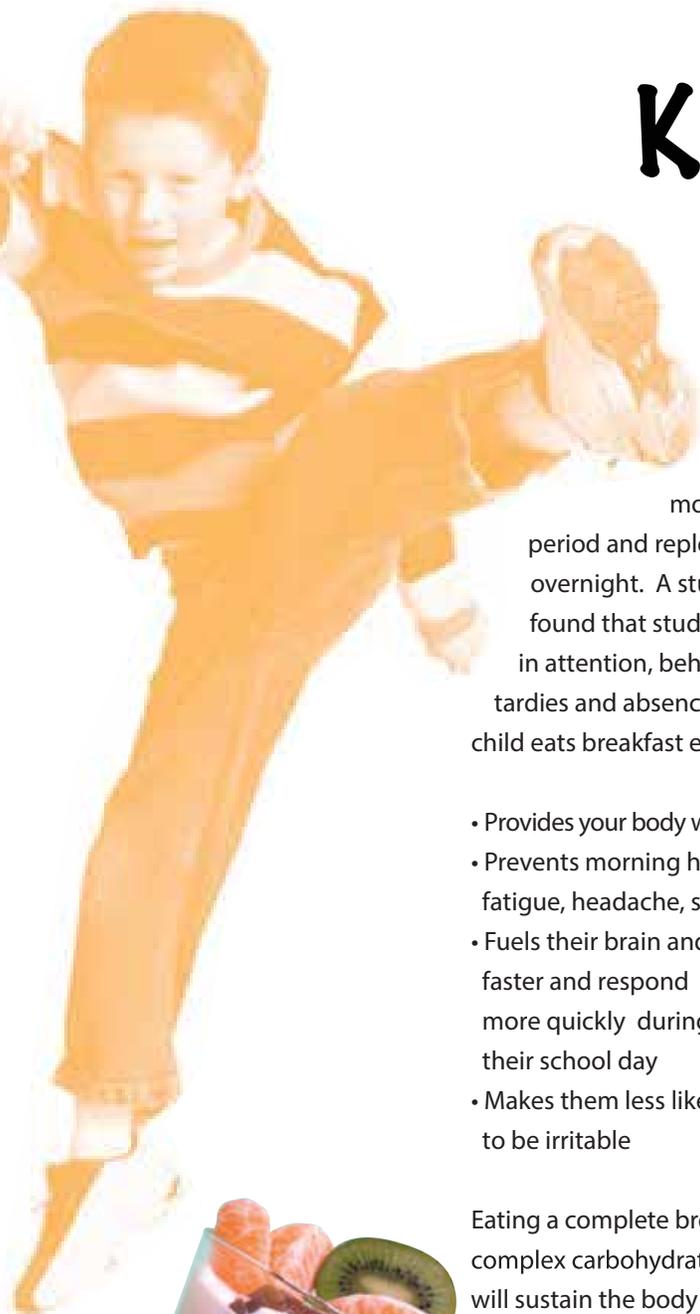


## Kick Start Your Day

Your mother always told you breakfast was the most important meal of the day...and she was right! Yet, did you know that according to the American Dietetic Association, 40% of girls and 32% of boys skip breakfast regularly. Breakfast is considered the most important meal of the day because it breaks the overnight fast period and replenishes all of the body's nutrient stores that have been depleted overnight. A study of the US Department of Agriculture School Breakfast Program found that students who regularly ate a complete breakfast showed improvements in attention, behavior, and test scores, and had fewer tardies and absences. Some reasons for making sure your child eats breakfast every day are that eating breakfast:

- Provides your body with the energy it needs to start the day
- Prevents morning hunger symptoms including fatigue, headache, stomach ache, and restlessness
- Fuels their brain and allows them to think faster and respond more quickly during their school day
- Makes them less likely to be irritable

Eating a complete breakfast containing complex carbohydrates, fiber, and lean protein will sustain the body until the next meal. Keep reading for healthy, hearty breakfast tips!



# Making Breakfast Easier

- ➔ Start your day a few minutes earlier so you are not rushed.
- ➔ Start getting breakfast ready the night before... Mix your juice and cut your fruit! You can even make pancake batter and refrigerate it overnight!
- ➔ Keep quick, healthy breakfast options in your home all the time.
- ➔ Allow your children to help choose the breakfast items you make available to them.

## GRANOLA to GO

- 2 cups rolled oats
- 1/2 cup slivered almonds
- 1/2 cup sunflower seeds
- 1/2 cup coconut
- 1/4 cup raisins
- 1/2 cup honey
- 1/4 cup vegetable oil



Preheat oven to 300F. Mix all ingredients except raisins. Pour into baking pan and cook for 25-30 minutes, or until browned. Pour into bowl, add raisins, and mix. Enjoy as a cereal with milk or eat as a snack.

# “Break the Fast” with These Menu Ideas



Fruit smoothie made with low fat milk

Peanut butter on whole wheat toast

Whole grain cereal and low fat milk

Bagel with low fat cream cheese

Hard boiled egg and fresh fruit

Oatmeal with applesauce

Fruit and yogurt

Toasted waffle with sliced fruit and peanut butter

Grits topped with low fat cheese

**SmartBite**

There is the equivalent of 8.5 teaspoons of sugar in two chocolate pop tarts! Breakfast is just as important for adults as it is for kids. Make breakfast a priority!

