

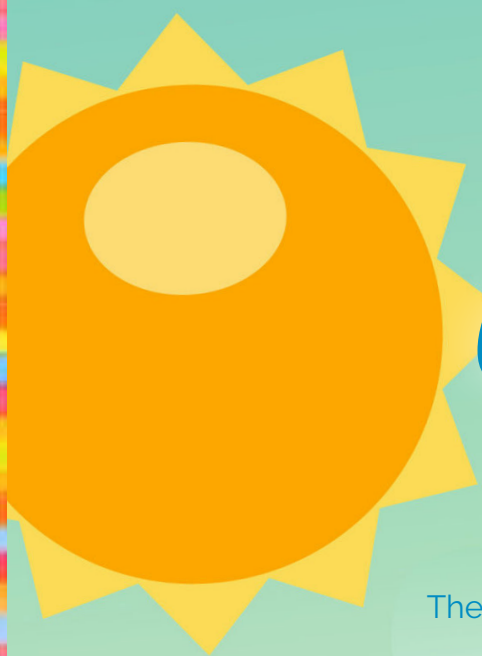
Why should I eat breakfast?

The right breakfast foods can help with **concentration**, give you **strength** and **endurance**, and even help with maintaining a **healthy weight**.

Breakfast is important for everyone, but especially for children and adolescents. According to American Dietetic Association, **children who eat breakfast perform better** in the classroom and on the playground, **with better concentration, problem-solving skills and eye-hand coordination**.

Children who **skip breakfast can feel tired, restless, or irritable**. Their bodies need to refuel for the day after being without food for 8-12 hours during sleep. **Their mood and energy can drop by midmorning if they do not eat at least a small morning meal.**

By kick-starting the body's metabolism with breakfast, it can help keep kids' weight in check since **metabolism causes the body to start burning calories**.



Busy Mornings? Oh yes!

Understanding that with the busy mornings for kids, and some adults, try some of these practical suggestions to get a good breakfast:

Breakfast Brain Power

Not only is it important to eat breakfast daily, but what is eaten is important too. A healthy breakfast meal should include a variety of foods, including fruits, vegetables, whole grains, low- or non-fat dairy, and lean protein. Choosing these types of foods for kids may help boost their attention span, concentration, and memory. Kids may help boost their attention span, concentration, and memory.

Stock the kitchen with healthy breakfast options

- Prepare as much as you can the night before
- Get everyone up 10 minutes earlier
- Let kids help plan and prepare breakfast
- Have grab-and-go alternatives (*fresh fruit, individual boxes or baggies of whole grain, low-sugar cereals, yogurt or smoothies, trail mix*)

Not hungry first thing in the morning?

Pack a breakfast they can eat a little later on the bus or between classes.

Some suggestions include: fresh fruit, low sugar whole grain cereals, nuts, half a peanut butter sandwich with a small banana.

Making good choices

If your child eats outside the home for breakfast, talk with them about how to make healthy selections. Keep in mind that there are some foods NOT to eat for breakfast. Some toaster pastries/donuts/breakfast bars are portable, easy and appealing to kids, but may have no more nutritional value than a candy bar and high in sugar and calories. Read nutritional values carefully before purchasing.

People who skip breakfast often eat more calories throughout the day and are more likely to be overweight. The reason this occurs is because they become very hungry by lunchtime and snack on high-calorie foods or overeat at lunch.



Try to serve a balanced breakfast that includes some carbohydrates, protein and fiber. **Carbs** are a good source of immediate energy for the body. *Energy from protein tends to kick in after the carbs are used up, and fiber helps provide a feeling of fullness and discourages overeating.*

Yummy!

Healthy Breakfast Ideas to Try

- ★ **Hot cereal** topped with nuts or fruit sprinkled with cinnamon
- ★ Half a **whole-grain bagel** topped with peanut butter and fresh fruit
- ★ **Breakfast smoothie** (low-fat milk or yogurt, fruit mixed in a blender)
- ★ Shredded cheese on a **whole-wheat tortilla**, folded in ½ and microwaved for 20 seconds and topped with salsa
- ★ **Vegetable omlet** with whole-wheat toast
- ★ **Bran muffin** and berries
- ★ **Yogurt and fruit**

Q. What exactly is "Whole Grain?"

A. All grains start life as whole grains. They are the entire seed of a plant. This seed or "kernel" is made up of three edible parts – the bran, the germ, and the endosperm.

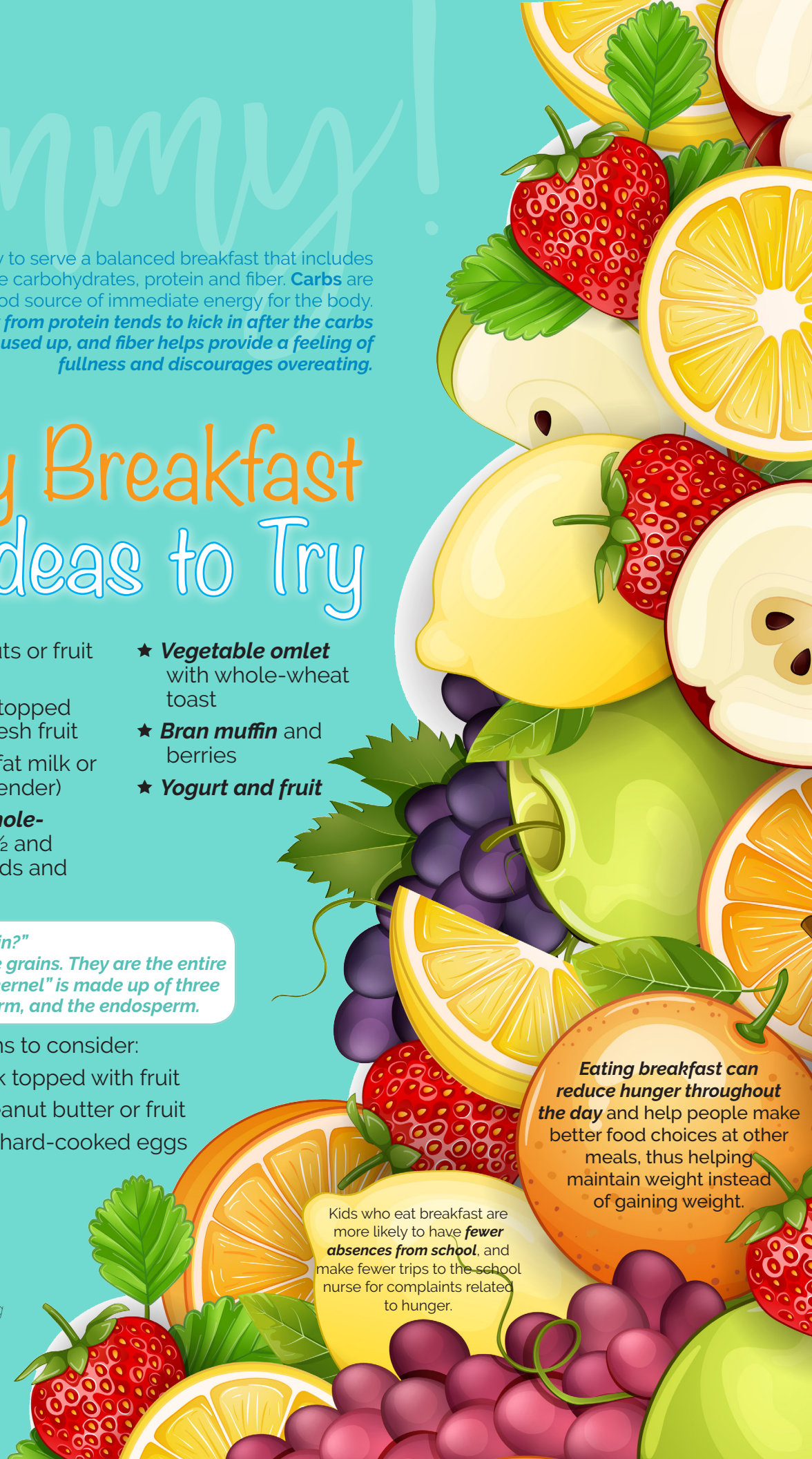
Some **Whole Grain** options to consider:

- ★ Cereal with low-fat milk topped with fruit
- ★ Waffles topped with peanut butter or fruit
- ★ Pita stuffed with sliced hard-cooked eggs

As a parent, don't forget how important your good example is. Let your kids see you making time for breakfast every day.

Kids who eat breakfast are more likely to have **fewer absences from school**, and make fewer trips to the school nurse for complaints related to hunger.

Eating breakfast can reduce hunger throughout the day and help people make better food choices at other meals, thus helping maintain weight instead of gaining weight.



Recipes to Try!



Berry Smoothie

You Will Need:

8 strawberries or frozen strawberries
1/2 cup milk
1/2 cup plain yogurt
3 tablespoons sugar
2 teaspoons vanilla extract
Ice cubes

Thaw the strawberries if they are frozen. Add the berries, milk, sugar, and vanilla extract to a blender and blend them until you get a smooth, frothy mixture. Add ice cubes and blend for another 30 seconds. Serve fresh. *Preparation Time: 6 Minutes*



Egg Burrito

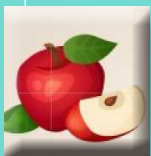
You Will Need:

Scrambled eggs with lots of veggies
Tortilla
Salsa sauce

Get your yummy scrambled eggs cooked with lots of veggies like tomatoes, spinach, broccoli in it.

In another pan, heat the tortilla (you can buy tortilla in most supermarkets). Stuff the tortilla with scrambled eggs. Heat the wraps; wait till the color of tortilla turns golden brown.

Serve hot with salsa sauce!



Apple Snacks

You Will Need:

Apples
Peanut Butter
Cereal: Corn Flakes or Frosted Flakes

Slice unpared apple in thin wedges. Spread with peanut butter and dip into corn flakes. Good and nutritious too!

Options: sprinkle lightly with cinnamon-sugar in place of cereal.



*I have questions,
what should I do?*

Call your family provider at
402 443-4191 to discuss your
family concerns. We have a
great team ready to serve you,
including **Free Health Coaches**
to help your family slowly make
healthier lifestyle choices to
reach your goals!

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