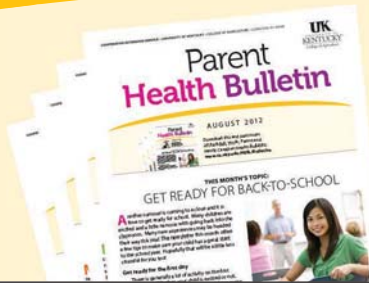


Parent Health Bulletin



MARCH 2014

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THIS MONTH'S TOPIC:

RISE AND SHINE — IT'S BREAKFAST TIME!

Do you often have to remind your child that breakfast is important? After a long night's sleep, making sure that your child gets something to fuel up their body for the day is very important. Although you may feel pressure to get your child up, dressed and ready for school, making sure they eat something can help them the whole day long.

Why is breakfast so important?

Do you remember when you heard that breakfast was the most important meal of the day? Studies have shown that this is actually true. Breakfast is very important for your child and for you too. When children have a healthy breakfast, they are able to pay more



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attention at school and have energy to start the day. Also, studies have shown that when someone eats a healthy breakfast, then better food choices are usually made throughout the day.

What is a healthy breakfast?

If you find that you cannot think of what a healthy breakfast looks like, below are some ideas for breakfast. Think of breakfast as any other meal of the day — variety is important. Using items from one or two food groups will help balance out the first meal of the day. You will want to include items like:

• **Whole Grains:**

Examples such as whole grain toast, cereals or bagels are good choices.

• **Fruits:** Any type of fruit will do. Fruits are also an easy item to take out the door if you and your child are in a rush.

• **Vegetables:** Yes, you could serve vegetables for breakfast. Does your child like tomatoes, or how about a little green and red pepper with eggs?

• **Low or non-fat dairy:** Milk is commonly seen during breakfast. You may also want to try serving yogurt and cheese.

• **Protein:** There are lots of protein choices at breakfast. Examples include eggs, lean meats and even peanut butter.

Some traditional breakfast ideas include:

- Eggs and toast
- Cold cereal and milk
- Oatmeal or cream of wheat (hot cereal)
- Bagel or English muffin topped
- Fruit and yogurt

If you are in a hurry, it does not mean that your child has to skip breakfast. Think about grabbing some fresh fruit or yogurt as you are heading out the door.



Here are also some ideas for a little more creative breakfast:

• **Breakfast burrito:** Place some shredded cheese on a tortilla and warm in the microwave, add a little salsa and roll it up to eat.

• **Breakfast dog:** Place peanut butter, a banana and raisins in a whole grain hot dog bun.

• **Yogurt parfait:** Layer fruit, yogurt and some granola or cereal in a cup; eat with a spoon.

There are times when cooking breakfast just is not an option. Remember that if you are in a hurry, it does not mean that your child has to skip breakfast. Think about grabbing some fresh fruit or yogurt as you are heading out the door.

Talk to your local Extension Agent for Family and Consumer Sciences for more ideas for breakfast, as well as lunch, snacks and dinner.

Parent
Health Bulletin

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