



Week 4: Healthy Breakfasts for Kids

Breakfast, the most important meal of the day!

Life is busy! We all feel the time crunch and are often in a hurry. One increasing trend is skipping breakfast. Recent polls show that 30-40% of school-age kids either skip or do not eat a healthy breakfast. We've already mentioned "lack of time" which is a common reason for not taking the time to prepare a healthy breakfast. Another reason is choosing the extra few minutes to sleep in instead. Some students worry about their body weight and think that skipping breakfast is a good way to lose weight.

A simple & excellent choice:

Dietary goals for breakfast:

1 serving each:

- Whole grain breads/cereals {fiber}
- Fruit or veggie
- Milk, cheese or yogurt {calcium}
- Cheese, eggs, meat, nuts, or nut butter {protein}

Healthy cereal with low fat or nonfat milk gets high praises from dieticians! The milk supplies calcium. The whole grain, healthy cereal provides fiber and is fortified with many vitamins and minerals. Wheat and oat flakes

are at the top of the list health-wise along with O-shaped toasted oat cereals. Look for "heart-healthy" advertising on cereal boxes and do read the labels.

Breakfast ideas to get your child's day started right:

- Bagel with low fat cream cheese or piece of lean deli meat
- Eggs (scrambled, hardboiled, etc)
- Whole grain bagel, English muffin, or toast with nut butter, fruit spread, low fat cream cheese
- Hot cereal – oatmeal, cream of wheat, or Zoom
- Fruit (Banana, Apple, Strawberries)
- Breakfast burrito with a tortilla, lean meat, eggs, sprinkle of cheese and salsa
- Fruit smoothies (see recipe on back)
- A bowl of low sugar cereal with low fat milk
- Whole grain waffles or pancakes
- Oatmeal swirled with applesauce and raisins
- Banana dog – whole grain long roll, banana, peanut butter, raisins
- Low fat cottage cheese and fruit
- Fruit and low fat cream cheese sandwich
- Whole grain muffin {carrot, apple, bran}

Tips for "time" challenges:

- Prep for breakfast the night before (make the lunches then too).
- Stock healthy, "grab & go" foods for the trip to school such as a healthy (low fat /low sugar granola bar)
- Keep frozen options on hand that just need re-heating. Multigrain frozen waffles are a good choice.
- Plan to spend a few extra minutes reading food labels in the frozen food aisle of

What not to do:

If it is "one of those mornings" and you are really in a rush, don't leave the house with your child "on empty". Grab something if you can, because anything is better than nothing for growing kids. Try to avoid a regular diet of doughnuts, pastries, and high sugar cereals. They provide way too much fat, sugar, and empty calories without any nutrients. They also do not keep you feeling full for very long and make you crave more sugar.

your grocery store on your next shopping trip to find some new frozen options.

- Have your child get breakfast at school or at their before-school care if it is available. Inquire as to what types of healthy foods are served.





Lack of nourishment at the beginning of the day can lead to lack of concentration and energy in the classroom. Kids who eat breakfast have higher academic performance and better behavior.



Skipping breakfast results in a loss of essential vitamins and minerals (iron for one), necessary for proper growth, that can be obtained by eating a healthy breakfast. Breakfast eaters are more likely to eat healthier overall.



FRUIT SMOOTHIE

Step 1: Pour an 8 oz. low fat vanilla yogurt into the blender (strawberry, blueberry work well also).

Step 2: Add 2 1/2 cups of low fat milk into the blender.



Step 3: Add 6 oz. frozen orange juice concentrate into the blender.

Step 4: Add 1 teaspoon of vanilla extract into the blender.

Step 5: Put lid on the blender (tightly) and blend until the vanilla, juice, milk and yogurt have become smooth. This makes about four 8 oz. servings.

Step 6: Enjoy your nice, healthy smoothie and refrigerate any leftover for later!



After evening activities and a night of sleeping, by morning your bodies' "energy tank" is running on empty, and breakfast is the time to regain your necessary fuel to keep you running throughout the day. (Think of a car with an empty fuel tank!)

Not having breakfast will often lead to snacking during the day, and in many cases leads to a higher consumption of sugar, fat, and overall calories.



Breakfast eaters on the whole have a lower BMI, lower cholesterol, better school attendance, and less trips to the nurse's office.

Eating breakfast can boost your metabolism by up to 10%. Most healthy, slender adults and kids eat breakfast.



This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for accommodations requests. Assistance for the **Deaf and Hard of Hearing** can be provided through the 711 Telecommunications Relay Service.

