

## A MESSAGE FOR PARENTS:

### Are your kids super-charged or super-tired?

Without a doubt, you've been told that breakfast is the most important meal of the day. After going eight or more hours without food, the body needs a good breakfast to jump-start the day! We know that it can be a challenge to get your kids out of bed and ready in time. Read on to learn why breakfast should be a priority in your house, and discover some super speedy breakfast ideas. And remember...your kids learn from you. Are you eating a good breakfast?

## RESOURCES TO LEARN MORE:

[kidshealth.org](http://kidshealth.org)  
[fruitsandveggiesmatter.gov](http://fruitsandveggiesmatter.gov)  
[mypyramid.gov](http://mypyramid.gov)



## WHY BOTHER WITH BREAKFAST?

### Eating breakfast every day:

- Gives your child an energy boost
- Kick-starts the metabolism to prevent weight problems
- Reduces irritability and tiredness
- Improves school performance and ability to concentrate
- Promotes healthier eating throughout the rest of the day

## BREAKFAST POWER BOOSTERS

**For an energy-boosting breakfast, choose foods that are rich in whole grains, fiber and protein and low in added sugars like:**

- Whole-grain cereal, skim milk and fresh berries
- Oatmeal topped with chopped nuts, a touch of brown sugar and sliced bananas or raisins
- Whole-wheat English muffin or waffle topped with peanut butter and sliced fruit
- Low-fat cottage cheese with fresh fruit, unsweetened fruit sauce or fruit canned in juice
- Yogurt parfait with whole-grain cereal, low-fat yogurt and fruit
- Whole-wheat pita filled with scrambled eggs, peppers and salsa
- Whole-grain, low-sugar cereal in a plastic sandwich bag
- Whole-grain muffin, mini-bagel or toast

## SUPER SPEEDY BREAKFAST IDEAS

**If your kids (or you) tend to skip breakfast because mornings are too hectic, try these quick ideas to grab on the way out the door:**

- Yogurt cups or smoothies
- Easy-to-eat fresh fruit (banana, apple, peach, grapes, etc.)
- Trail mix of cereal, nuts and dried fruits in a plastic sandwich bag
- Keep your kitchen well-stocked with healthy breakfast items.
- Wake up 10 minutes earlier—both you and your kids.
- Plan and prepare as much as possible the previous night, and share breakfast-making chores with the kids.

## FIVE BETTER BREAKFAST HABITS

**Eating a better breakfast doesn't have to take a lot of time...it just takes a few solid everyday habits.**

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- Check to see if your daycare or school offers breakfast.
- If your kids aren't hungry when they wake up, pack a grab-and-go option