

Smart Eating Makes The Grade

"Get on track with Breakfast"



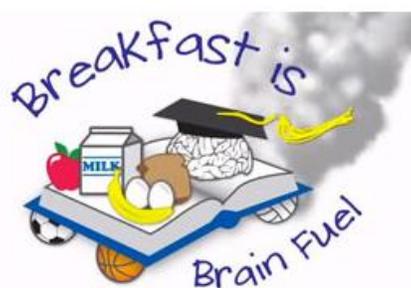
Breakfast is considered the most important meal of the day. Breakfast eaters tend to be more focused and have longer attention spans which helps set our children up for success in the classroom.

Establish a "Breakfast Routine" early in life and early in the school year to help children stay healthy. Consider these few tips as we power into the new school year:

- Plan and prepare ahead. Do as much as you can the night before to free-up time in the morning.
- Involve your kids....have a variety of choices ready for them to choose from.
- Keep it simple. Stock up on favorites, be more creative when time allows.
- Think outside the breakfast box. Fuel first.
- Lead by example. Make breakfast a priority for the whole family.

Is it hard to eat breakfast?

Sometimes its hard for people to eat breakfast. If this is true for you, why is that? What is the challenge to eating breakfast? Ask....what would be one simple, easy step I could do to try to eat breakfast? Does it mean going to bed earlier so you can get up earlier, or does it mean having something small like 1 piece of fruit, just to get you started? Does it mean having quick breakfast foods ready in the fridge, on the counter or in your backpack in the morning? Maybe there are other challenges...take some time to brainstorm how you can start to eat breakfast!



TIP

Come up with 1 solution that will help you to eat breakfast. Write it on your calendar or put a reminder message in your phone. That's a start. Then try it. If it doesn't work, think of another option and keep trying.

Breakfast Ideas

Breakfast Ideas: Try to include some **Whole Grain Foods** (breads/cereals/crackers) + **Protein Foods** (meat, eggs, nuts, cheese) + **Dairy Foods** (milk, yogurt, cheese) + **Fruits & Vegetables**

1. Eggs (any style) or Peanut Butter or Cheese on anything Whole Grain like toast, or a bun, a bagel, or wrapped up in a tortilla. Add a glass of milk and some fruit (fresh, packaged or canned in its'own juice).
2. Cereals – Cold (low sugar types preferred) or Hot with Milk and topped with fruit. Try preparing the instant oatmeal with milk instead of water for an added boost.
3. Fruit, Yogurt, Granola Parfait. Change it up and add cottage cheese instead of yogurt.
4. Toasted Bagel with light cream cheese.
5. Sandwich Options – anything goes Grilled Cheese, Peanut Butter & Banana, Scrambled Egg.
6. Yogurt or milk, granola bar or muffin and fruit or juice box.
7. Fruit Smoothie or Instant Breakfast Drink.
8. Leftovers aren't just for dinner anymore. Be sure to fuel up!!

Blueberry and Avocado Smoothie

Yield: 2 servings

Ingredients:

- ¾ cup vanilla yogurt
- ¾ cup frozen blueberries (or use other fruit if desired)
- 1 avocado
- ½ cup milk

In a blender, mix all ingredients together. Blend until smooth.

