

## **Fuel Up with a Healthy Breakfast! – Winter 2008**

Did you know that numerous studies support the link between eating a healthy breakfast and improved student readiness, academic achievement and overall well being? Eating breakfast is important to providing your child's body with the protein and energy it needs to start the day and carry him through to lunch. Children who do not eat a good breakfast often become tired at school and have shorter attention spans, especially in the morning. Unfortunately many children rush off to school with barely more than a few sips of juice and a bite or two of cereal. A good breakfast should include nutritious foods from three of the four food groups. Whole-grain bread or cereal, fruit, milk, yogurt or eggs are good breakfast options. Here are some tips to getting your child to eat a better breakfast:

- Offer a variety of healthy whole grains and cereals that are lower in sugar.
- Cut up fruit the night before so that it's ready to add to cereal or yogurt in the morning.
- Keep convenient foods on hand such as yogurt, fruit, cheese and instant oatmeal.
- Whole grain toaster waffles topped with yogurt and/or fruit make a quick breakfast that many kids enjoy.
- If your child doesn't enjoy typical breakfast foods, consider a sandwich, leftovers, or a whole wheat English muffin topped with peanut butter or mozzarella and tomato sauce.

If eating breakfast before school just doesn't fit in with your family's schedule, check with your child's school to find out about breakfast options there. Many schools make breakfasts available to their students that are both affordable and nutritious.