



## Eat Healthy, Eat Breakfast!

Kids need food to learn

If your family is like most families, mornings can be crazy busy. Sleeping past the alarm, getting kids ready for school, and getting yourself out the door on time is a lot to handle in the morning. For most families, not having enough time is the major reason for skipping breakfast.

Breakfast doesn't have to take long to fix, or be eaten in the kitchen. Just be sure to include at least one fruit or vegetable for breakfast. Try these quick and easy healthy breakfast ideas:

Cold cereal or warm oatmeal topped with a favorite fruit

Whole grain tortilla spread with peanut butter and sprinkled with dried fruit. Roll it up and serve with low fat milk.

A toasted bagel with a slice of cheese and tomato

A banana, a piece of string cheese and a mini-muffin

A hard-boiled egg and a glass of 100% tomato or fruit juice

Scrambled eggs in a tortilla with chopped peppers and salsa

Whole-grain waffles topped with vanilla yogurt and fruit

A carton of non-fat yogurt with dried fruit stirred in

A whole grain granola bar and a glass of 100% fruit juice

A peanut butter and banana sandwich with low fat milk

A piece of leftover veggie pizza and an apple

### Why Breakfast?

- Eating breakfast can prevent overeating later in the day
- Eating breakfast can improve your child's learning ability
- Kids who eat breakfast learn and behave better in school

For more information contact: