

Why Is Eating Breakfast Important?

Breakfast provides your body with the things it needs to start your day off right! Keep in mind that breakfast is not just for kids; it is good for everybody!



- Breakfast could help you focus on your work and remember things. For kids, this means better performance at school. Meals in the morning can help to put you in a happier mood, too!
- Breakfast gives your body the energy and nutrients needed after not eating since before bed. Kids who eat breakfast perform better in sports than those who skip breakfast, who might not be getting the vitamins, minerals, and other nutrients they need.
- Breakfast starts your metabolism, which will help to maintain a healthy weight. Getting into a meal routine helps to keep your appetite under control. Breakfast eaters are less likely to overeat at other meals or snacks.

Tips for Fitting a Healthy Breakfast into Your Morning Routine

- **Make it available** by putting healthy choices in your refrigerator and on your shelves.
- **Plan ahead** by using the night before to set dishes out, cut up fruits and vegetables, etc. Kids will be more likely to enjoy breakfast if they are contributing to the planning and preparation!
- **Make it easy** by making your own grab-and-go breakfast, for the days that you have little time to sit down to eat breakfast! You can pre-pack your healthy breakfast into small containers and freeze or refrigerate them. While you are getting ready, it can be heating in the microwave!



What is a Good Breakfast?

Grain (cooked ahead, if needed) + Fruit(s) + Seasoning(s) + Protein source

oats	avocado	honey	yogurt
quinoa	berries	cinnamon	cottage cheese
buckwheat	bananas	nutmeg	ricotta cheese
millet	apple slices		nuts
rice	raisins		nut butters
barley	mango		hardboiled/ cooked egg
	peaches		

1. Oatmeal with cherries and raisins, honey, and almonds



Get Creative!

2. Brown rice with avocado and pepper with an egg on top



3. Whole grain tortilla with nut butter and banana



These are just some examples to get you started. Use fruits (or vegetables), seasonings, and protein sources that YOUR family enjoys!