

Eat a Healthy Breakfast Every Day

Eating Breakfast Daily is Important for Good Health

- A healthy breakfast gives you important nutrients to start your day with many benefits:
 - Starts up your metabolism
 - Results in a better diet overall
 - Makes you less likely to snack
 - Increases attention
 - Reduces health risks for diseases

A Healthy Breakfast: What Your Family Can Do

- Plan ahead: Prepare breakfast the night before
- Mix and match
 - low-fat dairy products, lean meats, eggs, nuts or reduced fat peanut butter with fruits and vegetables, whole grain cereals, breads, waffles or bagels

Meat/Dairy	Grains/Fruit/Veggies
String Cheese - Mozzarella	Apple, Orange, Banana, Grapes, etc.
Low fat peanut butter	Low Fat Granola Bar
Yogurt	Whole grain toast or English muffin
Hard boiled egg	Unsweetened, whole grain cereal
Cottage Cheese	Dried fruit (<i>cherries, bananas, raisins, cranberries</i>)
Low fat milk	Whole grain pita bread
Low fat lunch meat (<i>turkey, chicken, ham</i>)	Whole grain mini bagel
Nuts (<i>almonds, walnuts, etc.</i>)	Low sugar breakfast bar
Turkey bacon	Pancake or waffle

Quick Tips

- Add sliced fruit, reduced-fat peanut butter, or low-fat yogurt to a bagel, waffle, or pancake
- Avoid donuts and toaster pastries
- Try lactaid milk, soy-based products, or yogurt if lactose intolerant
- Try on-the-go breakfast items:
 - Trail mix (*nuts, dried fruits, pretzels, and dry cereal*)
 - Whole fruits or dried fruits
 - No sugar instant breakfast powder in low-fat milk
 - Low-fat dairy products
 - Low sugar cereal bars
- Set a good example by eating breakfast with the family

For More Information

- www.kidshealth.org
- www.kidnetic.com
- www.smart/spot.com
- www.kelloggs.com
- www.mayoclinic.com
- www.nutritionexplorations.org

Information provided in this sheet was adapted from the American Academy of Pediatrics and www.kidshealth.org.



Goal

Pick a goal or goals that you and your family can do together. Use the boxes below to track your progress.

- I will eat breakfast even it is on the go
- I will plan and prepare breakfast the night before
- I will add fruit to my cereal

Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

